Assessment of Eating Disorders

Questions from chapter 1

1) For a diagnosis of AN, the DSM-IV recommends a guideline of what percent of ideal body weight?
   a) 65%
   b) 75%
   c) 85%
   d) 95%

2) For a diagnosis of BN, episodes of binge eating must occur for the 3 months prior to the evaluation at a minimum frequency of
   a) daily
   b) twice weekly
   c) weekly
   d) twice monthly

3) Which neurological condition mentioned is associated with binge eating?
   a) Guillain-Barre syndrome
   b) Tourette syndrome
   c) Lou Gehrig’s disease
   d) Kleine-Levin

4) Individuals with Binge Eating Disorder consume a wider range of food than do individuals with BN.
   a) True
   b) False

5) Which disorder is characterized by morning anorexia, evening hyperphagia, emotional distress and insomnia?
   a) Somatic Snacking Syndrome
   b) Nocturnal Binging Disorder
   c) Night Eating Syndrome
   d) Night Terrors with Eating

Questions from chapter 2

6) Which category is for people with a significant eating disorder syndrome, but don’t meet AN and BN diagnostic criteria?
   a) ANNOS
   b) BNNOS
   c) EWOKS
   d) EDNOS

7) According to Spitzer et al., (1992), those with BED are typically overweight.
   a) True
   b) False
8) Research demonstrates that women with each of the eating disorders experiences what type of dysregulation?
   a) serotonergic
   b) endorphinergic
   c) dopaminergic
   d) melatoninergic

9) What personality variable did Steiger et al., (1997) identify that exists in individuals with either BN or AN?
   a) impulsivity
   b) passive aggression
   c) narcissism
   d) hypervigilance

10) What are data-analytic tools designed specifically to address questions about the latent structure of phenomena in nature?
   a) taxometric methodologies
   b) WAG’s
   c) multivariate analysis
   d) meta studies

Questions from chapter 3

11) Benefits of using diagnostic interview instruments include all EXCEPT
   a) consistent collection of data across settings
   b) low training requirements, cost and time
   c) have psychometric data to support their use
   d) can enhance rather than limit rapport

12) According to Sunday et al. (1995) what often features prominently in eating disorders?
   a) sweat suits
   b) drug or alcohol abuse
   c) preoccupations and rituals
   d) gambling addictions

13) The diagnostic criteria for Binge Eating includes the amount of food eaten and whether the patient experiences a sense of
   a) guilt
   b) loss of control
   c) denial
   d) satiation

14) Chewing and spitting, rumination, misuse of insulin and thyroid medication and diet pill use should be evaluated as possible
   a) pica
   b) munchausen syndrome
   c) compensatory behaviors
   d) suicidal gestures
15) Patient should not be given a separate anxiety disorder if the focus of their anxiety is limited to eating, weight or shape.
   a) True
   b) False

Questions from chapter 4

16) The database presented in this chapter is the
   a) EDQ
   b) EAT
   c) ELF
   d) EDE

17) All the following information is gathered in the database EXCEPT
   a) amount of television watched
   b) history of physical abuse
   c) psychiatric hospitalizations
   d) cups of tea consumed

Questions from chapter 5

18) Which of the following is a type of content validity?
   a) internal
   b) concurrent
   c) interrater
   d) convergent

19) Which is a structured diagnostic interview developed for lay interviewers?
   a) DIS
   b) CEDRI
   c) EDE
   d) IDED

20) Which is a semistructured interview for Axis II personality disorders?
   a) IDED
   b) PDDI
   c) PEUGEOT
   d) DIPD

21) Which interview provides the most sophisticated and detailed assessment of eating disorder psychology?
   a) IDED
   b) SIAB-EX
   c) EDE
   d) DIPD

22) Which psychiatric status rating corresponds to full disorder criteria plus psychosis?
   a) PSR = 4
   b) PSR = 6
   c) PSR = 8
   d) PSR = 10
23) The Personality Disorder Exam (PDE) specifies for adults, that traits must be pervasive and determined to be persistent for a minimum of
a) 5 years
b) 7 years
c) 10 years
d) 15 years

Questions from chapter 6

24) Self report instruments can be used for several purposes which include all the following EXCEPT
a) to verify diagnosis
b) to examine specific associated clinical features
c) to examine changes over time
d) to obtain an objective measure of symptomatology

25) Which has been described as the most accurate method of assessing binge eating (Wilson, 1993)?
a) EDI
b) MAEDS
c) EDE
d) EDQ

26) The Stirling Eating Disorder Scales measures all the following EXCEPT
a) self-esteem
b) assertiveness
c) self-directed hostility
d) externalization

27) Which is NOT a screening instrument?
a) MEAL
b) BITE
c) SCOFF
d) EAT

28) Which is a 21 item depression screen that is one of the most widely used measures in research and clinical settings?
a) K-SADS
b) IDS-SR
c) SDS
d) BDI

29) Which instrument assesses the 5 factor model of personality traits?
a) WISPI-4
b) NEO PI-R
c) MCM13
d) PDQ-4

Questions from chapter 7

30) A standard initial assessment for patients entering treatment at low weight should include all EXCEPT
a) DEXA
b) complete blood count
c) EEG
d) electrocardiogram
According to Salisbury et al. (1995) a lengthy period of semistarvation or starvation depresses
a) white blood count  
b) appetite  
c) resting metabolic rate  
d) liver enzymes

The most commonly recognized complication to be assessed in patients with purging behavior is
a) dental erosion  
b) electrolyte disturbance  
c) hemorrhoids  
d) gastrointestinal bleeding

The great majority of medical complications seem to resolve with prolonged cessation of disordered eating. One exception may be
a) electrolyte disturbance  
b) cardiac dysfunction  
c) osteoporosis  
d) liver function

Questions from chapter 8

Altered nutritional status in patients with eating disorders results from abnormal eating patterns and
a) social pressures  
b) paternal influences  
c) sociobiological tendencies  
d) cognitive distortions

Self-reported dietary intakes are rarely accurate, with energy intake typically underreported in the general population by
a) 0 - 10%  
b) 10-30%  
c) 30-50%  
d) 50-70%

In estimating portions in dietary assessment, ½ cup of ice cream is measured by which object?
 a) hockey puck  
b) matchbox  
c) tennis ball  
d) computer mouse

Results from several clinical studies and case reports suggest that abnormal vitamin status may occur in up to what proportion of AN patients?
 a) 1/4  
b) 1/3  
c) 1/2  
d) 2/3

According to Gendall et al. (1997), when not binge eating, patients with BN consume more energy and higher amounts of fat than the general population.
 a) True  
b) False
39) According to Raymond et al. (2003), patients with BED may have a characteristic pattern of intake that differs from non-binge-eating obese individuals with less food being consumed during the
   a) morning
   b) midday
   c) afternoon
   d) night

Questions from chapter 9

40) Which is NOT one of Palazzoi's (1970) interactional hypotheses for AN families?
   a) relationships ten to be rigidly defined
   b) no coalitions are accepted
   c) no responsibility is take for personal behavior
   d) the mother is the clear leader

41) Which is NOT one of the structural transactional characteristics of the family with an anorexic child according to Minuchin?
   a) variability
   b) enmeshment
   c) overprotectiveness
   d) lack of conflict resolution

42) The Circumplex model relies on which self-report measure?
   a) FACES
   b) ABDOMENS
   c) FEET
   d) HANDS

43) The McMaster model of family functioning is best assessed using the
   a) Family Assessment Measure
   b) Family Assessment Device
   c) Family Dynamics Survey
   d) Family Relations Scale

44) The most frequently used observer assessment method for families of patients with eating disorders has been
   a) internalized cognition
   b) spoken feeling
   c) written belief
   d) expressed emotion

45) What do Dare & Szmukler (1991) advocate using to scrutinize, modify, and further develop the therapist's responses to the family?
   a) a family debriefing
   b) objective personality measures
   c) an observing team
   d) a co therapist

46) It appears that bulimics and their parents experience intergenerational boundaries as less rigid and describe their families as more involved, more supportive and less distressed and conflicted than the families described by patients with restricting AN.
   a) True
   b) False
Questions from chapter 10

47) The DSM-IV-TR lists a BID symptom as one of the necessary criteria for the diagnosis of AN and BN.
   a) True
   b) False

48) According to Smolak & Murnen (2004), women are far more likely to have been socialized to equate attractiveness with
   a) intelligence
   b) desirability
   c) success
   d) the media

49) Which cognitive measure uses a 14-item scale to assess core beliefs about appearance in females?
   a) Beliefs about Appearance Scale
   b) Appearance Schemas Inventory
   c) Image Ideals Questionnaire
   d) Physical Appearance Discrepancy Questionnaire

50) Which is a 34-item subjective measure which measures adult men and women's concerns with body shape and size?
   a) Body Image Assessment
   b) Figure Rating Scale
   c) Body Shape Questionnaire
   d) Goldfarb Fear of Fat Scale

51) What recent advance is a bidimensional computerized body image test that can assess satisfaction with respect to muscularity and body fat?
   a) Somatomorphic Matrix
   b) Interometer Index
   c) Ionic Displacement Index
   d) Gravitational Distortion Matrix

Questions from chapter 11

52) Which limitation of self-report methods is mentioned by Pickering & Friedman (1991)?
   a) white-coat hypertension
   b) lab rat obstinacy
   c) observer effect
   d) guinea pig acquiescence

53) Which is NOT one of the EMA assessment methods described by Wheeler & Reis (1991)?
   a) interval contingent recording
   b) signal contingent recording
   c) response contingent recording
   d) event contingent recording

54) According to Smyth et al. (2001) states associated with disordered eating behaviors may be very
   a) fixed
   b) fickle
   c) fleeting
   d) frightening
Questions from chapter 12

55) According to Steinhausen (2003), the empirical treatment literature on AN is surprisingly small.
   a) True
   b) False

56) What appears to be the treatment of choice for BN?
   a) family systems therapy
   b) CBT
   c) psychodynamic psychotherapy
   d) RET