

Name _____

Unveiling Anorexia Nervosa: Understanding a Complex Condition

Multiple Choice Questions

1. What is anorexia nervosa?
 - a) A choice to avoid eating certain foods
 - b) A mental health condition characterized by a fear of gaining weight
 - c) A lifestyle focused on maintaining a healthy weight
 - d) A preference for a low-calorie diet

2. What is a common characteristic of individuals with anorexia nervosa?
 - a) A healthy body image
 - b) A distorted body image
 - c) A strong desire to gain weight
 - d) A love for exercise

3. What is one potential cause of anorexia nervosa?
 - a) Eating a balanced diet
 - b) Genetic factors
 - c) Lack of societal pressure
 - d) High self-esteem

4. Why is early intervention crucial in addressing anorexia nervosa?
 - a) Because anorexia is not a serious condition
 - b) To avoid seeking help from healthcare providers
 - c) Because it can prevent the physical and emotional consequences from becoming more severe
 - d) To discourage individuals from seeking treatment

5. What are some complications of anorexia nervosa?
 - a) Increased self-esteem and emotional stability
 - b) Improved bone health and heart function
 - c) Malnutrition and heart problems
 - d) Enhanced reproductive health

