

Name \_\_\_\_\_

## Unveiling Anorexia Nervosa: Understanding a Complex Condition

### Open-Ended Response Answer Key

1. Individuals with anorexia nervosa often see themselves as overweight, even when they are underweight. This distorted body image leads them to engage in behaviors like extreme calorie restriction and excessive exercise to lose weight, even when it is unnecessary or harmful to their health.
2. Genetics can play a role in the development of anorexia nervosa by predisposing individuals to certain personality traits or vulnerabilities that increase their susceptibility to the condition.
3. Seeking professional help is important for individuals with anorexia nervosa because it is a serious medical condition that can have severe physical and emotional consequences. Treatment may include medical care, nutritional counseling, therapy, and support from loved ones.
4. Society can promote a healthier body image by celebrating diversity and portraying a wide range of body types in media and advertising. Education programs that focus on self-esteem, body positivity, and the importance of mental and physical health can also contribute to reducing the prevalence of eating disorders like anorexia.

