

Name \_\_\_\_\_

## Binge-Eating Disorder: Breaking the Cycle of Overeating

### Multiple Choice Questions

1. What is binge-eating disorder characterized by?
  - a) Regular episodes of vomiting after eating
  - b) Recurrent episodes of consuming large amounts of food followed by purging
  - c) Episodes of consuming large amounts of food accompanied by a feeling of loss of control
  - d) A preference for healthy eating
  
2. What is a common characteristic of individuals with binge-eating disorder?
  - a) Frequent episodes of vomiting after eating
  - b) Compensatory behaviors like excessive exercise
  - c) Feelings of guilt and shame after a binge episode
  - d) Rapid weight loss
  
3. Which of the following is not a characteristic of binge-eating disorder?
  - a) Emotional distress after a binge
  - b) Frequent overexercising
  - c) No compensatory behaviors after a binge
  - d) Episodes occurring at least once a week for three months
  
4. What is one potential cause of binge-eating disorder?
  - a) High self-esteem
  - b) Genetic factors
  - c) Lack of societal pressure
  - d) Minimal emotional distress
  
5. What is one potential complication of binge-eating disorder?
  - a) Reduced risk of obesity
  - b) Social popularity
  - c) Mental health challenges
  - d) No digestive problems

