

Name \_\_\_\_\_

## Unlocking Bulimia Nervosa: Understanding a Hidden Battle

### Multiple Choice Questions

1. What is bulimia nervosa characterized by?
  - a) Extreme weight loss
  - b) Recurring binge eating followed by compensatory behaviors
  - c) A desire to gain weight
  - d) A preference for healthy eating
  
2. Which of the following is a compensatory behavior associated with bulimia nervosa?
  - a) Daily exercise routine
  - b) Balanced diet
  - c) Positive body image
  - d) Self-induced vomiting
  
3. What is one potential cause of bulimia nervosa?
  - a) High self-esteem
  - b) Lack of societal pressure
  - c) Genetic factors
  - d) Avoidance of psychological stress
  
4. Why can bulimia nervosa be challenging to identify?
  - a) Because individuals with bulimia are usually underweight
  - b) Because they openly discuss their behaviors
  - c) Because they often hide their behaviors and maintain a normal weight
  - d) Because they have a strong desire to gain weight
  
5. What is a potential complication of bulimia nervosa?
  - a) Strong self-esteem
  - b) Dental problems
  - c) Healthy digestive system
  - d) Social popularity

