

Name \_\_\_\_\_

## Unlocking Bulimia Nervosa: Understanding a Hidden Battle

### Open-Ended Response Answer Key

1. Individuals with bulimia nervosa often experience a cycle where they binge eat, consuming a large amount of food in a short time. Afterward, they feel guilty and engage in compensatory behaviors like self-induced vomiting to avoid weight gain. This cycle can lead to intense emotional distress and a sense of loss of control.
2. Genetics may play a role in bulimia nervosa by predisposing some individuals to certain personality traits or vulnerabilities that increase their susceptibility to the condition.
3. Seeking professional help is crucial for individuals with bulimia nervosa because it is a serious medical condition that can have severe physical and emotional consequences. Treatment may include therapy, nutritional counseling, 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 bulimia.

