

Name _____

Exploring the World of Eating Disorders: What Are the Most Common Types?

Multiple Choice Questions

1. Which eating disorder is characterized by an intense fear of gaining weight and distorted body image?

- a) Bulimia nervosa
- b) Binge-eating disorder
- c) Orthorexia nervosa
- d) Anorexia nervosa

2. What is a key difference between anorexia nervosa and bulimia nervosa?

- a) Individuals with anorexia are usually overweight.
- b) Bulimia involves episodes of binge eating followed by compensatory behaviors.
- c) Both disorders have no impact on physical health.
- d) Anorexia is characterized by selective food intake.

3. Which eating disorder is characterized by recurring episodes of binge eating without compensatory behaviors?

- a) Bulimia nervosa
- b) Anorexia nervosa
- c) Binge-eating disorder
- d) Orthorexia nervosa

4. What is the primary concern for individuals with orthorexia nervosa?

- a) Becoming underweight
- b) Eating unhealthy foods
- c) Excessive exercise
- d) Eating only healthy or pure foods

5. What is the potential impact of untreated eating disorders on a person's life?

- a) Improved academic performance
- b) Better relationships with family and friends
- c) Depression, anxiety, and physical health problems
- d) No consequences

