

Name _____

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

Open-Ended Response Answer Key

1. Individuals with anorexia nervosa may not recognize their severe weight loss and malnutrition due to the distorted body image and intense fear of gaining weight. They may genuinely believe they need to lose more weight to reach their ideal body size.
2. Individuals with eating disorders often face emotions such as shame, guilt, anxiety, and depression, which can lead to social isolation, difficulty concentrating, and impaired daily functioning.
3. When suspecting a friend has bulimia nervosa, it's important to approach them with empathy and express concern. Encourage them to seek professional help and offer to support them in finding the right resources.
4. Family and friends play a crucial role in supporting someone with an eating disorder by providing emotional support, encouraging treatment, and helping create a positive and understanding environment for recovery.

