

Name _____

Navigating the Maze: Understanding Stress and Peer Pressure in Relation to Eating Disorders

Multiple Choice Questions

1. What are some potential effects of chronic or excessive stress on eating behaviors?

- a) Reduced appetite and weight loss
- b) Increased emotional eating or binge-eating
- c) Improved self-esteem and body image
- d) Enhanced ability to cope with stress

2. How can peer pressure influence individuals in relation to body image and eating habits?

- a) Peer pressure has no impact on body image or eating habits.
- b) It encourages individuals to embrace their unique bodies.
- c) It can lead to conformity with societal beauty standards and dieting trends.
- d) It promotes body positivity and self-acceptance.

3. Why is early intervention important in the prevention and treatment of eating disorders?

- a) It ensures immediate recovery from eating disorders.
- b) It allows individuals to control their eating habits.
- c) It significantly improves the chances of recovery.
- d) It eliminates the need for professional help.

4. What is one strategy for preventing eating disorders related to peer pressure and stress?

- a) Encouraging open communication about mental health
- b) Promoting negative body image and unrealistic ideals
- c) Avoiding discussions about dieting and beauty standards
- d) Emphasizing the importance of conformity to peer norms

5. How can communities and schools contribute to the prevention of eating disorders related to peer pressure?

- a) By fostering supportive environments that discourage body shaming and bullying
- b) By promoting unrealistic beauty standards and ideal body images
- c) By isolating individuals from their peer groups
- d) By encouraging negative comments about one's appearance

