

Name _____

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

Multiple Choice Answer Key

1. b) Increased emotional eating or binge-eating
2. c) It can lead to conformity with societal beauty standards and dieting trends.
3. c) It significantly improves the chances of recovery.
4. a) Encouraging open communication about mental health
5. a) By fostering supportive environments that discourage body shaming and bullying

