

Name _____

Eating Disorders in Young People: Unmasking the Numbers

Multiple Choice Questions

1. Which of the following is an example of an eating disorder?
 - a) Playing video games for extended hours
 - b) Studying for exams diligently
 - c) Binge-eating disorder
 - d) Practicing a musical instrument

2. What percentage of young women is estimated to experience anorexia nervosa at some point?
 - a) 5%
 - b) 1%
 - c) 10%
 - d) 20%

3. Which eating disorder is the most common among young people?
 - a) Bulimia nervosa
 - b) Anorexia nervosa
 - c) Binge-eating disorder
 - d) Eating Disorders Not Otherwise Specified (EDNOS)

4. What are some risk factors for the development of eating disorders in young people?
 - a) Watching educational TV programs
 - b) Family attitudes toward food
 - c) Having a diverse group of friends
 - d) Participating in sports activities

5. Why is early intervention important when dealing with eating disorders?
 - a) To ignore the problem and hope it goes away on its own
 - b) Because eating disorders are not serious conditions
 - c) Because the longer they go untreated, the more challenging they can be to overcome
 - d) To avoid seeking help from healthcare professionals

