**Eating Disorder Quiz Key**

1. List at least 10 signs to look for in someone with an eating disorder:
   1. **Social Isolation**
   2. **Ritualistic eating behaviors**
   3. **Obsessions with weight**
   4. **Wearing layers of baggy clothing**
   5. **Go directly to the bathroom after eating**
   6. **Running water to hide vomiting**
   7. **Obsession with personal organization**
   8. **Signs of malnutrition**
   9. **Loss of hair**
   10. **Blood shot eyes**
   11. **Chronic fatigue**
   12. **Decrease in performance**
   13. **Depression**
   14. **Lack of confidence**
   15. **Obsessions with calories**
   16. **Distorted body image**
   17. **Avoid eating in public**
   18. **Significant weight loss**
   19. **Obsession with grades**
   20. **High emotions**
   21. **Menstrual irregularities**
   22. **Light-headedness**
   23. **Inability to concentrate**
   24. **Hyperactivity**
   25. **Recurrent overuse injuries**
2. At least 10% of all people with eating disorders are male:
   1. **True**
   2. False
3. Often, eating disorders are not really about food at all, but rather a way for the person to exert control over something in their lives:
   1. **True**
   2. False
4. Describe Anorexia:

**Intense fear of gaining weight and becoming fat although they are already underweight; distorted body image; weight loss to less than 85% of normal body weight; refusal to maintain weight; denial of seriousness of the situation; absence of at least three menstrual cycles.**

1. Describe Bulimia:

**Recurrent episodes of binge eating and purging by inducing vomiting, misusing laxatives, enemas, or other medications, fasting, or exercising excessively; at least 2 episodes per week for 3 months; evaluating self-worth according to body shape and weight.**

1. Describe Compulsive Eating Disorder:

**Keeps eating beyond the time when hunger has been satisfying; eating is driven by fear, anxiety, frustration, or anger rather than by hunger or pleasure; may also be a compulsive dieter; it is the relationship to the food that determines whether or not a person is compulsive eater.**

1. Eating disorders are extremely dangerous:
   1. **True**
   2. False
2. 8. People with eating disorders commonly admit that they have a problem:
   1. True
   2. **False**