

Health: The Basics, 12e (Donatelle)

Chapter 10a Focus On: Enhancing Your Body Image

1) An eating disorder that may lead to the erosion of tooth enamel due to frequent purging is

- A) binge-eating disorder.
- B) anorexia nervosa.
- C) bulimia nervosa.
- D) night-eating syndrome.

Answer: C

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

2) Having a negative body image can lead to all of the following EXCEPT

- A) disordered eating.
- B) steroid abuse.
- C) anxiety and distress.
- D) high self-esteem.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Body Image?

Learning Outcome: 10a.1

3) The BEST definition of body image is

- A) whether or not you like certain features of your body.
- B) your impression of what others think about your appearance.
- C) how you view your body and your feelings and beliefs about your appearance.
- D) how you view yourself when you compare yourself to a celebrity.

Answer: C

Diff: 4

Skill: Analyzing

Section: What Is Body Image?

Learning Outcome: 10a.1

4) Jasmine is always complaining that she doesn't like the way she looks. She tells her friend Amber that she thinks her thighs are too big and that she feels fat. Amber assures Jasmine that she isn't fat, but Jasmine won't listen. It is likely that Jasmine may be suffering from

- A) peer pressure.
- B) a negative body image.
- C) anxiety.
- D) depression.

Answer: B

Diff: 3

Skill: Applying

Section: What Is Body Image?

Learning Outcome: 10a.1

5) The body image continuum developed by researchers at the University of Arizona

- A) identifies distinct stages associated with how satisfied you are with your body.
- B) only identifies behaviors associated with a negative body image.
- C) represents a range of behaviors and attitudes toward body image.
- D) only identifies behaviors associated with a positive body image.

Answer: C

Diff: 4

Skill: Analyzing

Section: What Is Body Image?

Learning Outcome: 10a.1

6) A major influence on our development of a body image is

- A) characters you read about in books.
- B) how lean or chubby you were as a child.
- C) how employers and teachers see you.
- D) the media and popular culture.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Body Image?

Learning Outcome: 10a.1

7) Which of the following statements is TRUE with respect to the relationship between body image and culture?

- A) Media images have little influence over what we find attractive.
- B) Commercials often convey messages related to physical attractiveness.
- C) The ideal body image for women has always been thin and willowy.
- D) Today's ideal body image is very similar to the typical American body.

Answer: B

Diff: 4

Skill: Analyzing

Section: What Is Body Image?

Learning Outcome: 10a.1

8) One of the health problems associated with the female athlete triad is amenorrhea, which is a lack of

- A) menstrual periods.
- B) calcium.
- C) iron.
- D) fertility.

Answer: A

Diff: 2

Skill: Understanding

Section: Exercise Disorders

Learning Outcome: 10a.3

9) Tiffany is going through puberty and is concerned about her appearance. Her father assures her that she is growing into a beautiful young lady and that he is very proud of her. His reaction to Tiffany will likely cause her to

- A) be more accepting of her body.
- B) have feelings of discomfort around members of the opposite sex.
- C) be ashamed of her body.
- D) have a negative body image.

Answer: A

Diff: 3

Skill: Applying

Section: What Is Body Image?

Learning Outcome: 10a.1

10) Recent neurological studies have linked body image disorders to

- A) family eating patterns.
- B) poor neurotransmitter regulation and impairments in visual processing.
- C) poor emotional control and certain learning disabilities.
- D) motor neuron deficits and impairments in auditory processing.

Answer: B

Diff: 2

Skill: Understanding

Section: What Is Body Image?

Learning Outcome: 10a.1

11) Common myths that contribute to negative body image include all of the following EXCEPT

- A) how you look is more important than who you are.
- B) appearance is more important than health.
- C) eating healthy and staying active is an effective weight loss strategy.
- D) anyone can be slender if they work at it.

Answer: C

Diff: 2

Skill: Understanding

Section: What Is Body Image?

Learning Outcome: 10a.1

12) A key characteristic associated with social physique anxiety is

- A) an over-reliance on counseling or therapy.
- B) avoidance of issues associated with appearance.
- C) a pattern of yo-yo dieting.
- D) less ability to function in social interactions and relationships.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Body Image?

Learning Outcome: 10a.1

13) A person suffering from body dysmorphic disorder would likely

- A) have high self-esteem.
- B) be realistic about their appearance.
- C) have no obsessive tendencies.
- D) take extreme measures to conceal or alter certain physical features.

Answer: D

Diff: 3

Skill: Applying

Section: What Is Body Image?

Learning Outcome: 10a.1

14) Karen is extremely dissatisfied with her body shape and she has gone through three cosmetic surgeries to alter her facial structure. Karen is most likely suffering from

- A) social physique anxiety.
- B) anorexia nervosa.
- C) body dysmorphic disorder.
- D) bulimia nervosa.

Answer: C

Diff: 4

Skill: Analyzing

Section: What Is Body Image?

Learning Outcome: 10a.1

15) The physical flaw that most individuals associate with negative body image is

- A) body weight.
- B) height.
- C) hair color.
- D) facial blemishes.

Answer: A

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

16) A person with disordered eating may do all of the following EXCEPT

- A) punish themselves if they gain weight.
- B) attempt to follow the latest diet fad.
- C) go to extremes to reduce calorie intake.
- D) reward themselves if they gain weight.

Answer: D

Diff: 3

Skill: Applying

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

17) Which of the following is NOT one of the eating disorders defined by the American Psychological Association?

- A) anorexia and bulimia nervosa
- B) anxiety-related eating disorder
- C) binge-eating disorder
- D) OSFED

Answer: B

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

18) An individual with an eating disorder commonly may also have

- A) other psychological disorders.
- B) impulsive behavior.
- C) a sense of empowerment.
- D) high self-esteem.

Answer: A

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

19) Individuals with an intense fear of gaining weight along with an extremely distorted body image have the eating disorder known as

- A) amenorrhea.
- B) anorexia nervosa.
- C) bulimia nervosa.
- D) OSFED.

Answer: B

Diff: 1

Skill: Remembering

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

20) After drastic weight loss, an anorexic individual will

- A) feel satisfied with their body image.
- B) feel that they are still too fat.
- C) feel that they can afford to regain some of the weight.
- D) be cured of anorexia nervosa.

Answer: B

Diff: 3

Skill: Applying

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

21) All of the following are characteristic of anorexia nervosa EXCEPT

- A) maintaining a body weight above a minimally normal weight for age and height.
- B) having intense fear of gaining weight or becoming fat.
- C) restricting food intake to the point of self-starvation.
- D) disturbance in the way in which body weight or shape is experienced.

Answer: A

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

22) Compensatory behaviors such as vomiting or using laxatives to rid the body of food that has been consumed

- A) have obvious health benefits.
- B) attempt to balance out a previous behavior.
- C) indicate a healthy body image.
- D) have no potential negative health consequences.

Answer: B

Diff: 5

Skill: Evaluating

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

23) Darren was not able to exercise today because of his hectic schedule. An inappropriate compensatory behavior for Darren would be to

- A) work out the next morning to make up for today's lack of exercise.
- B) restructure his schedule so that he can avoid this problem in the future.
- C) skip dinner to make up for his failure to exercise.
- D) consume extra helpings at dinner because he is hungry.

Answer: C

Diff: 3

Skill: Applying

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

24) All of the following are characteristic of bulimia nervosa EXCEPT

- A) recurrent episodes of binge eating.
- B) recurrent inappropriate compensatory behavior.
- C) obsession with body weight and appearance.
- D) an imbalance of neurotransmitters.

Answer: D

Diff: 1

Skill: Remembering

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

25) Which of the following disorders falls under the category of other specified feeding or eating disorders (OSFED)?

- A) binge-eating disorder
- B) anorexia nervosa
- C) bulimia nervosa
- D) night eating syndrome

Answer: D

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

26) An individual who periodically consumes excessively large amounts of food without engaging in compensatory behavior would be classified as having

- A) bulimia nervosa.
- B) anorexia nervosa.
- C) binge-eating disorder.
- D) night-eating syndrome.

Answer: C

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

27) Tina suffers from anorexia nervosa. She is depressed, lacks self-confidence, and has strained relationships with family members and friends. Though she is extremely thin, she continues to lose weight at a rapid rate. The most important first step in treating Tina's condition would be to

- A) stabilize her weight.
- B) involve family and friends.
- C) provide counseling to deal with Tina's self-esteem issues.
- D) determine her body mass index.

Answer: A

Diff: 3

Skill: Applying

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

28) If you want to help a friend whom you suspect has an eating disorder, you should do all of the following EXCEPT

- A) gather information on the disorder.
- B) offer to go with your friend to see a counselor.
- C) force your friend to acknowledge that the problem is his or her fault.
- D) compliment your friend's personality or achievements.

Answer: C

Diff: 3

Skill: Applying

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

29) Unlike regular exercise, compulsive exercise is

- A) planned in advance.
- B) used to alleviate guilt and anxiety.
- C) associated with lower risk of injury.
- D) only performed by athletes.

Answer: B

Diff: 4

Skill: Analyzing

Section: Exercise Disorders

Learning Outcome: 10a.3

30) The decrease in estrogen seen with the female athlete triad contributes to

- A) insomnia.
- B) low energy intake.
- C) increased appetite.
- D) decreased bone mineral density.

Answer: D

Diff: 2

Skill: Understanding

Section: Exercise Disorders

Learning Outcome: 10a.3

31) A healthy body image is a key indicator of a person's

- A) self-awareness.
- B) self-esteem.
- C) self-motivation.
- D) self-actualization.

Answer: B

Diff: 4

Skill: Analyzing

Section: What Is Body Image?

Learning Outcome: 10a.1

32) Raye is a 20-year-old woman who is about 10 pounds over her ideal weight but is in good health and works out regularly to stay fit. She appreciates her curvy body type and shops for clothes in bright colors that make her feel attractive and cheerful. Raye's attitudes and behavior demonstrate a

- A) positive body image.
- B) negative body image.
- C) variable body image.
- D) disordered body image.

Answer: A

Diff: 3

Skill: Applying

Section: What Is Body Image?

Learning Outcome: 10a.1

33) Chronic dieting is an example of

- A) OSFED.
- B) binge-and-purge cycles.
- C) disordered eating.
- D) a clinical eating disorder.

Answer: C

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

34) People with anorexia are at increased risk of death from

- A) colon cancer.
- B) heart or kidney failure.
- C) type 2 diabetes.
- D) muscle loss.

Answer: B

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

35) A disorder that typically occurs in men and is characterized by extreme measures to change body shape and a belief that the body is insufficiently lean or muscular is

- A) muscle atrophy.
- B) anorexia nervosa.
- C) hyperplasia.
- D) muscle dysmorphia.

Answer: D

Diff: 2

Skill: Understanding

Section: Exercise Disorders

Learning Outcome: 10a.3

36) Treena is so passionate about environmentally conscious food choices that she has adopted a vegan, raw foods diet consisting only of locally grown foods. As a result, she has begun to develop deficiencies of several micronutrients, including vitamin B₁₂ and iron. Treena is MOST likely suffering from

- A) anorexia nervosa.
- B) bulimia nervosa.
- C) orthorexia nervosa.
- D) OSFED.

Answer: D

Diff: 3

Skill: Applying

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

37) Studies indicate that most adults are satisfied with their body image.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Body Image?

Learning Outcome: 10a.1

38) An individual's body image is largely determined by genetics.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Body Image?

Learning Outcome: 10a.1

39) The concept of the ideal body image changes as popular culture evolves.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: What Is Body Image?

Learning Outcome: 10a.1

40) Americans typically receive messages through various media that lead them to believe that their body is very different from what it should be.

Answer: TRUE

Diff: 4

Skill: Analyzing

Section: What Is Body Image?

Learning Outcome: 10a.1

41) Friends are more influential in body image development than our parents.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Body Image?

Learning Outcome: 10a.1

42) Most Americans suffer from a true body image disorder.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Body Image?

Learning Outcome: 10a.1

43) All people who suffer from disordered eating eventually progress to a clinical eating disorder.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

44) Eating disorders affect people of all ages.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

45) Individuals who are perfectionists are at an increased risk for eating disorders.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

46) Bulimia nervosa is more likely to lead to weight gain than binge-eating disorder.

Answer: FALSE

Diff: 4

Skill: Analyzing

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

47) Individuals suffering from bulimia nervosa tend to be underweight.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

48) Eating disorders affect men and women equally.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

49) The biological, behavioral, and social underpinnings of eating disorders are clear and easy to understand.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

50) Anorexia nervosa is not a life-threatening disorder.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

51) Explain how the media influences body image.

Answer: The media sets standards for what we find attractive. It can mislead people into thinking that the images portrayed are the ideal, when actually they are unrealistic. Photo and design technology can be used to manipulate images to change the appearance of models or celebrities, often to make them look thinner or to erase imperfections. Those who do not fit these media-generated images often get the message that they are inadequate or inferior.

Diff: 4

Skill: Analyzing

Section: What Is Body Image?

Learning Outcome: 10a.1

52) What are some of the myths surrounding body image and how can you challenge them?

Answer:

1. Myth: How you look is more important than who you are.

Keep a realistic perspective and develop a strong sense of identity based on inner characteristics.

2. Myth: Anyone can be slender and attractive if they have willpower.

Remember that there are different body types based on genetic makeup. We are predisposed to have certain characteristics that make us unique. This includes body appearance. While it is a good idea to eat wisely and exercise to stay healthy, going to extremes for the sake of appearance is never a good idea.

3. Myth: Dieting is an effective weight-loss strategy.

Dieting alters metabolism and can actually slow metabolism, resulting in less-efficient burning of calories. The key to weight loss is a healthy diet and regular exercise to build lean body tissue, which has a higher metabolic rate than fat tissue.

4. Myth: Appearance is more important than health.

Embrace the diversity of body types and unique features and keep a realistic perspective on what attractiveness means. Value health and the whole person over appearance.

Diff: 3

Skill: Applying

Section: What Is Body Image?

Learning Outcome: 10a.1

53) How would you recognize someone with an eating disorder? Include examples of observable behaviors or actions that would indicate that an individual may have a problem.

Answer: Answers will vary.

Anorexia nervosa: continued dieting or self-starvation despite being thin; refuses to eat around others or in public places; critical of appearance; expresses feeling of being fat when actually they are underweight; uses laxatives or diuretics; compulsive exercising.

Bulimia nervosa: doesn't exhibit control over eating; eating large amounts of food with no obvious gain in weight; use of laxatives; going to bathroom after meals; discolored teeth; fluctuations in weight.

Binge eating disorder: lack of control over eating; large weight gain; eating unusually large amounts of food; emotional eating; eating at unusual times.

Diff: 5

Skill: Evaluating

Section: Disordered Eating and Eating Disorders

Learning Outcome: 10a.2

54) Compare and contrast compulsive exercise and the female athlete triad.

Answer: Answers will vary.

Both compulsive exercise and the female athlete triad may represent a perfectionist attitude and a self-worth that is externally focused. Compulsive exercise increases the risk of a variety of injuries and can be associated with psychological and eating disorders. The female athlete triad is characterized by low intake of calories and low estrogen, resulting in menstrual dysfunction and low bone density. It is more common in athletes who participate in highly competitive individual sports, whereas compulsive exercise is not associated with a sport. Compulsive exercise, combined with low energy intake, could lead to the female athlete triad as body fat decreases and vitamins and minerals are depleted. The female athlete triad can result in stress fractures.

Diff: 4

Skill: Analyzing

Section: Exercise Disorders

Learning Outcome: 10a.3

55) Explain why some public health experts have observed a "disconnect" between our media ideals of male and female weight and contemporary reality.

Answer: In the United States, more than 69 percent of adults age 20 and older are overweight or obese. This reality of the typical American body is entirely disconnected from current media standards of weight, which idealize slender, highly muscular males and large-breasted women with chiseled cheekbones and tiny waists. Social media messages contribute to this disconnect by showing unrealistically thin bodies beside messages encouraging people to "get thin" or offering tips on "how to become an anorexic."

Diff: 4

Skill: Analyzing

Section: What Is Body Image?

Learning Outcome: 10a.1