#  Understanding Eating Pathology in Substance Using Populations

# Supplemental module on body image, dieting, and eating pathology.

# Created for the University of Nevada, Reno, Pacific Southwest Rural Opioid Technical Assistance (ROTA-R) Project – Curriculum Infusion

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**Sample Quiz/Test Questions**

\*Note: the correct answer to each item is BOLD in the text\*

1. Historically, eating pathology and substance use were treated separately because:

A. Professionals saw them as being part of very different demographic populations.

B. Professionals rarely assessed for both in individuals presenting with one of them.

C. Few facilities treat both.

**D. All of the above**

2. Body image is a complex construct with affective, cognitive, perceptual, and behavioral

aspects. True or false?

**A. True**

B. False

3. Body image disturbance can manifest as:

A. Hypercritical focus on physical appearance

B. Body checking and avoidance

C. Extreme eating behavior

**D. All of the above**

4. Body image concerns are common in Western cultural contexts, like the mainstream culture of the United States. True or false?

**A. True**

B. False

5. Excessive exercise, preoccupation with calories, and regular laxative use can be signs of an

eating disorder. True or false?

**A. True**

B. False

6. At high levels, eating pathology is associated with all of the following EXCEPT:

A. Symptoms of depression

B. Symptoms of anxiety

**C. Symptoms of autism**

D. Reduced quality of life

7. Research suggests that Western cultural values and ideals of appearance don’t affect body

image and more serious eating pathology: True or false?

A. True

**B. False**

8. Binge eating disorder (BED) is associated with being underweight. True or false?

C. True

**D. False**

9. According to the biopsychosocial model, eating pathology develops because of the integration of all of the following factors EXCEPT:

A. Genetic and biological factors

B. Psychological factors (like a history of trauma or certain personality characteristics)

**C. Cultural appearance ideals that embrace a range of body shapes and sizes as attractive and valuable**.

D. Cultural values of individuality and personal responsibility for your weight.

10. Individuals with eating pathology who use substances often struggle because:

A. Body image disturbance motivates drug use

B. Weight-loss side of effects of certain drugs make them more likely to use

C. Weight gain associated with sobriety makes them more likely to relapse both in increases

in eating pathology and drug use

**D. All of the above**

11. Individuals with eating pathology who use substances are likely to use:

A. Tobacco/nicotine

B. Caffeine

C. Stimulants

**D. All of the above**

12. To adequately assess and treat individuals with eating pathology who use substances, you must address both sets of symptoms—a associated with eating pathology and those associated with substance use. True or false?

**A. True**

B. False