

Unit Six: Eating Disorders

Directions: This is a quote to give you the chance to think about the concepts we are about to discuss. Determine which letter from the choices above is the correct one and fits into the spaces below. When you are finished fill in the quote below.

A quote from Jessica Simpson

A	C		I			O	R		T	U		C	
I	M	K	E	N	E	A	T	I	N	G	N	A	H

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I do really crazy things all the time, but I can't think of anything offhand.

Unit Six: Eating Disorders

Directions: Answer each of these questions in the space provided.

What is anorexia?

What is anorexia nervosa?

What is bulimia nervosa?

Who was Karen Carpenter?

What percentage of anorexia nervosa patients die of serious illnesses each year?

What are the symptoms of anorexia nervosa?

What does distorted internal perceptions mean?

What is distorted body image?

What is amenorrhea?

What is bulimia?

What is the body mass index?

What is the significance of serotonin to eating disorders?

What is weight set point?

What is metabolic rate?

What is hypokalemia?

What is multidimensional risk perspective?

What role do effective parents play in eating disorders?

What role do ineffective parents play in eating disorders?

What is the lateral hypothalamus?

What is the ventromedial hypothalamus?

What is hyperlipogenesis?

What does predisposition mean?

What are precipitants?

What are perpetrators?

What role does operant conditioning play in eating disorders?

What does bingeing and purging mean?

What is obesity?

What is night eating syndrome?

What is hyperphagia?

What is an eating disorder?

What is cognitive behavior therapy?

What is obsessive compulsive disorder (OCD)?

What is body dysmorphic disorder?

What is binge eating?

What is the eating disorder inventory II?

What is restrictive anorexia nervosa?

What is bulimic anorexia nervosa?

What is normal weight bulimia nervosa?

What is mild or moderate obesity?

What effect do societal trends and pressures have on eating disorders?

What is homeostasis?

What are enmeshed family eating patterns?

What are antipsychotic drugs?

What is intravenous feeding?

What is distorted cognitions?

What is individual insight therapy?

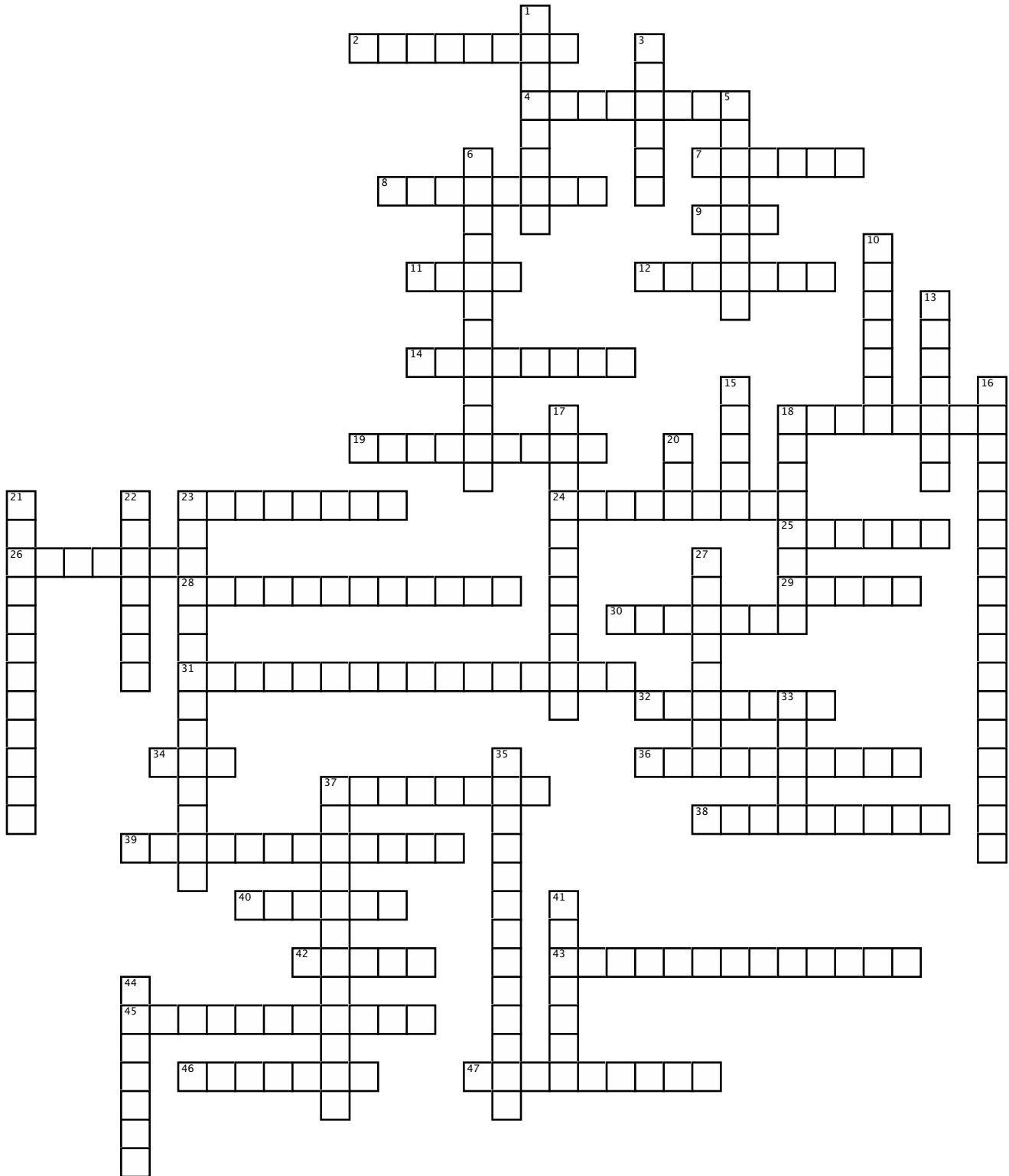
What is behavior therapy?

What is group therapy?

What is weight stabilization?

What is the binge purge pattern of long duration?

Unit Review Number Six
Eating Disorders



Across

2. Obsessive compulsive _____ (OCD) is a pattern of repetitive thoughts and behaviors that are senseless and distressing.
4. Restrictive _____ nervosa is what a person who starves themselves has.
7. The difficulty associated with longer duration Bingeing and Purging is that the _____ the cycle continues the more difficult it is to stop.
8. Bulimia comes from the Greek word for _____ hunger.
9. There are _____ long term health risks associated with mild or moderate obesity.
11. Metabolic _____ is the rate at which the body uses energy.
12. Normal Weight _____ Nervosa is the most typical as it is difficult to recognize the symptoms because of the normal body weight.
14. Hypokalemiacs are individuals who vomit regularly or have chronic _____ which may develop into a potassium deficiency.
18. Anorexia is actually a lack of _____.
19. People with _____ body image usually have a low opinion or their body shape and physical attractiveness.
23. Perpetrators are the effects of a _____.
24. Karen _____ was a popular singer and entertainer, who died in 1982 of the effects of anorexia nervosa.
25. Night _____ syndrome is a disorder in which people are often unaware of their nocturnal meals, although some people feel they won't be able to fall asleep without eating first, as some people fall asleep more easily on a full stomach.
26. Ineffective _____ fail to attend to their children's internal needs and instead impose their own definitions of those needs on the child.
28. Operant _____ may play a large role in eating disorders by providing positive reinforcement for eating behaviors.
29. Body mass _____ is the quotient of a person's weight in kilograms and height in centimeters.
30. People who suffer from _____ nervosa go on frequent eating binges during which they uncontrollably consume large quantities of food, then force themselves to vomit or take severe steps to keep from gaining weight.
31. The _____ risk perspective is a view that identifies several key factors that place a person at risk for eating disorders.
32. Behavior _____ can be used to help a person with an eating disorder.
34. Hyperlipogenesis happens when fat cells throughout the body that retain abnormally large amount of _____.
36. Body _____ disorder exists as a person can't stop thinking about a flaw in his/her appearance.

Down

1. Cognitive _____ therapy focuses on the thoughts that envelop food and eating and presents a challenge to the dysfunctional beliefs on the part of the anorexic.
3. Societal _____ and pressures have changed regarding the idea female physique.
5. Bulimic _____ nervosa is like restrictive anorexia nervosa except the individual binges and purges as they starve themselves.
6. Amenorrhea is the cessation of _____.
10. Homeostasis is the _____ that is the body naturally attempts to maintain.
13. Intravenous _____ is the administration of nutrients to a person through a vein.
15. Weight set _____ is the weight level that a particular body is organized to maintain.
16. Serotonin is one of the _____ that are associated with hunger and pleasure.
17. Distorted internal _____ are the difficulties identifying internal sensations of hunger and satiety.
18. Victims of _____ nervosa relentlessly pursue extreme thinness and lose so much weight that they may starve themselves to death.
20. Five to eight percent of anorexia nervosa patients _____ of serious illnesses each year.
21. The lateral _____ is the areas that produces hunger when activated.
22. Predispositions are _____ factors that produce a general vulnerability to a disorder.
23. Effective parents provide _____ attention to their children's biological and emotional needs, giving them their food when they are crying of hunger and comfort when they are crying out of fear.
27. The symptom of anorexia nervosa is a drive for _____, and fear of becoming overweight, certain cognitive disturbances, preoccupation with food, personality and mood problems, and medical dysfunction.
33. Binge eating is where a person has out-of-control eating patterns, but does not _____.
35. An _____ (or neuroleptic) is a tranquilizing psychiatric medication primarily used to manage psychosis
37. Stressful _____ are immediate stressors that can have an effect on a person.
41. Individual _____ Therapy applied to eating disorders is the psychodynamic attempt to uncover the deep causes of the individual's eating problem and to help eliminate defense mechanisms.
44. Group _____ is one strategy used in treating a person with an eating disorder

Across

37. Enmeshed family eating _____ or the traditions of how a family eats can have an effect on eating disorders.

38. The eating disorder _____ II is a questionair used to assess the eating disorder of a person.

39. The _____ hypothalamus depresses hunger when activated.

40. An _____ disorder is any group of serious conditions in which you are so preoccupied with food and weight gain you have little time to focus on anything else.

42. The cycle of _____ eating and self-induced vomiting or use of laxatives characteristic of bulimarexia is called bingeing and purging.

43. Weight _____ is the attaining and maintaining of an appropriate weight set level.

45. Excessive hunger and abnormally large in-take of solid food by mouth is called _____.

46. A condition in which excess body fat has accumulated to such an extent that health may be affected negatively is called _____.

47. A person with an eating disorder often has a _____ view of themselves.