

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

### Review:

After watching *Recovering: Anorexia Nervosa and Bulimia Nervosa*, answer the following questions.

1. What are some personality traits commonly associated with eating disorders?

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2. What are the peak onset ages for anorexia and bulimia?

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3. What are the risk factors associated with eating disorders?

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4. What events can trigger an eating disorder?

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5. Why are eating disorders dangerous?

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6. How is bulimia nervosa harder to detect than anorexia nervosa?

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7. How are eating disorders treated?

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8. What is Family Based Treatment (FBT)?

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9. What is some suggested advice to lead to recovery?

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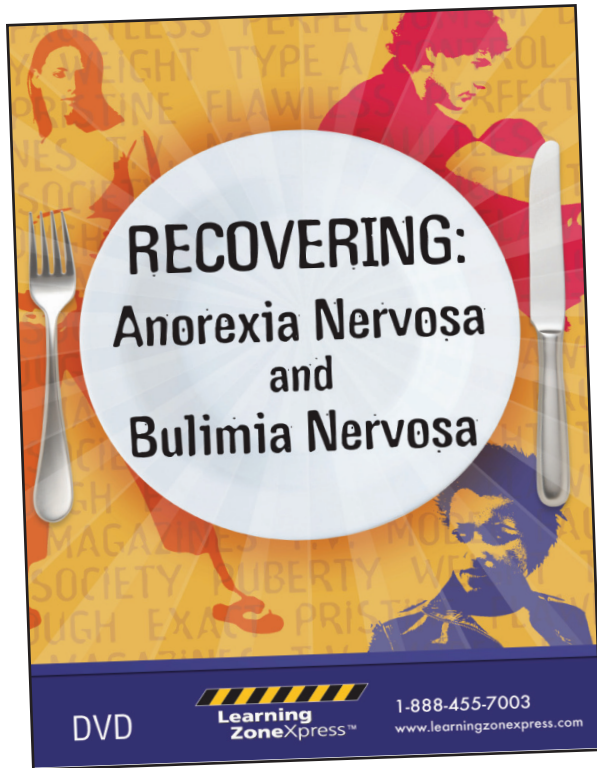
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10. What should you do if you are concerned you or someone else might have an eating disorder?

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# ANSWER KEY

## Review:

After watching *Recovering: Anorexia Nervosa and Bulimia Nervosa*, answer the following questions.

1. What are some personality traits commonly associated with eating disorders?

***Type A, organized, perfectionist, exact, anxious***

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2. What are the peak onset ages for anorexia and bulimia?

***Anorexia: 16 years old***

***Bulimia: 18 years old***

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3. What are the risk factors associated with eating disorders?

***Personality traits: perfectionism, obsessive-compulsive behavior, anxiety – Socio-cultural pressures to be thin or fit – Genetics – Puberty and early adulthood***

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4. What events can trigger an eating disorder?

***Attempts to lose weight or dieting – Comments people make – Participating in activities where there is an impression that losing weight will be useful (athletics, dance, etc.) – Depression and anxiety – Low self-esteem***

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5. Why are eating disorders dangerous?

***Impacts all systems of the body: heart, bone mineral loss (osteoporosis), kidney, liver, blood counts, etc. – Difficultly thinking and concentrating – Fatigue – People with eating disorders can die suddenly and without warning.***

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6. How is bulimia nervosa harder to detect than anorexia nervosa?

***Bulimia nervosa is harder to detect because the person may have a normal appearance, where anorexia nervosa manifests physically through weight loss.***

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7. How are eating disorders treated?

***Typically a multi-disciplinary team including a nutritionist, medical doctor, and a mental health professional is assembled for treatment. Normalization of a person's weight and eating is the first step. Psychological issues are then addressed by a mental health professional.***

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8. What is Family Based Treatment (FBT)?

***Family is involved with the treatment and professionals help navigate the treatment. The family is taught how to support people treatment by learning how to get someone to eat and how to help restore weight, then moving on to developmental tasks of how to “be” in the world. This approach to treatment can be highly effective.***

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9. What is some suggested advice to lead to recovery?

***Many approaches to treatment can help people recover from an eating disorder – Be your own advocate – Seek stories of hope and recovery through outpatient centers in your area, on the internet, or through books – Never give up***

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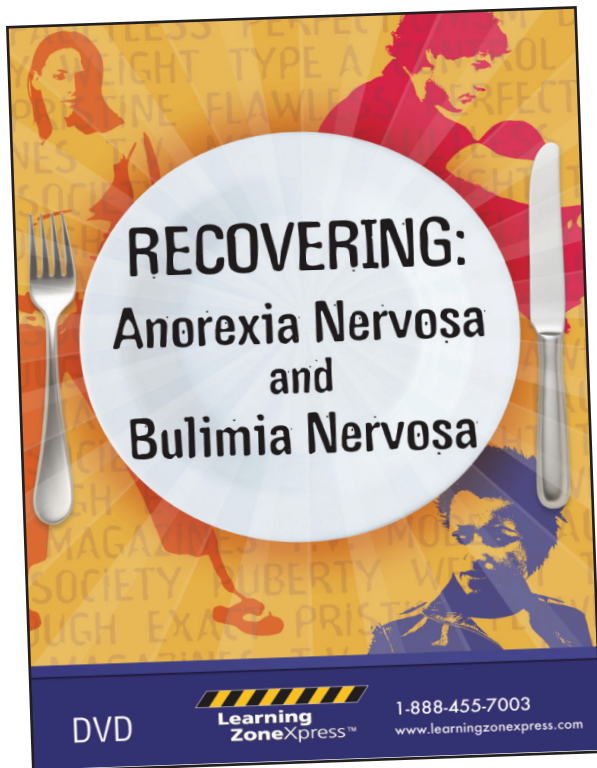
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10. What should you do if you are concerned you or someone else might have an eating disorder?

***Talk to a health professional at school or go online to seek information and help.***

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# WEB RESOURCES

Visit these recommended websites for more information about eating disorders and treatment.

***NIMH – Eating Disorders*** [www.nimh.nih.gov/health/topics/eating-disorders/index.shtml](http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml)

***National Eating Disorders Association (NEDA)*** [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

***Academy for Eating Disorders (AED)*** [www.aedweb.org](http://www.aedweb.org)

***Eating Disorders Coalition*** [www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)