

Emotional eating_Quiz

Complete the quiz and when you submit your answers, you will receive a certificate (if your score is over 80%). Try your best!

* Required

1. Email *

2. Emotional eating involves consumption of food to meet emotional needs, instead of satisfying physical hunger. *



Mark only one oval.

True

False

3. Emotional eating is associated only with negative emotions. *

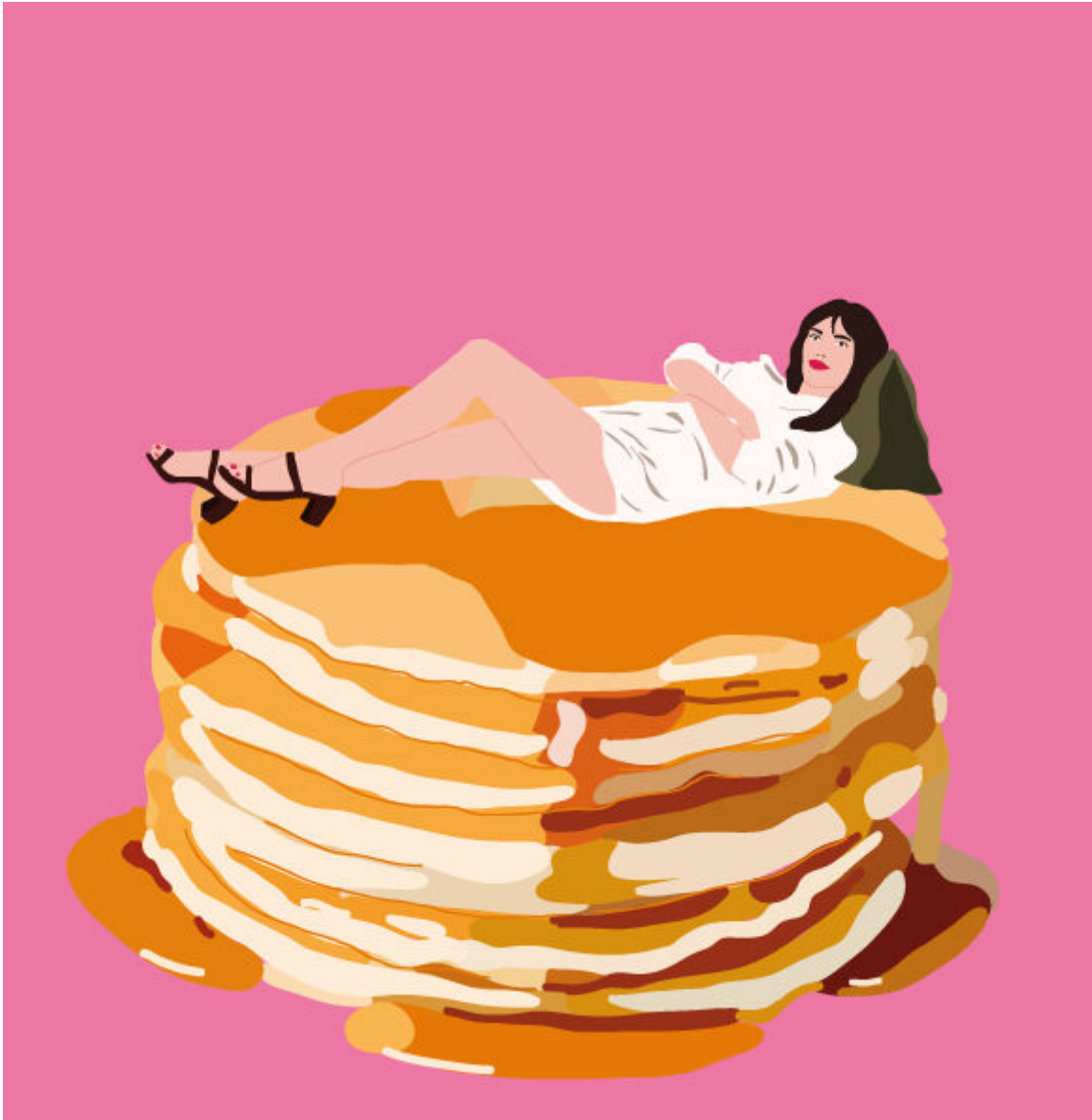


Mark only one oval.

True

False

4. Emotional eating is not a problem, if food is consumed as a reward and to improve mood to a small degree. *



Mark only one oval.

True

False

5. Emotional eating is triggered only by stress. *



Mark only one oval.

True

False

6. People who tend to eat emotionally cannot differentiate hunger from their psychological state. *

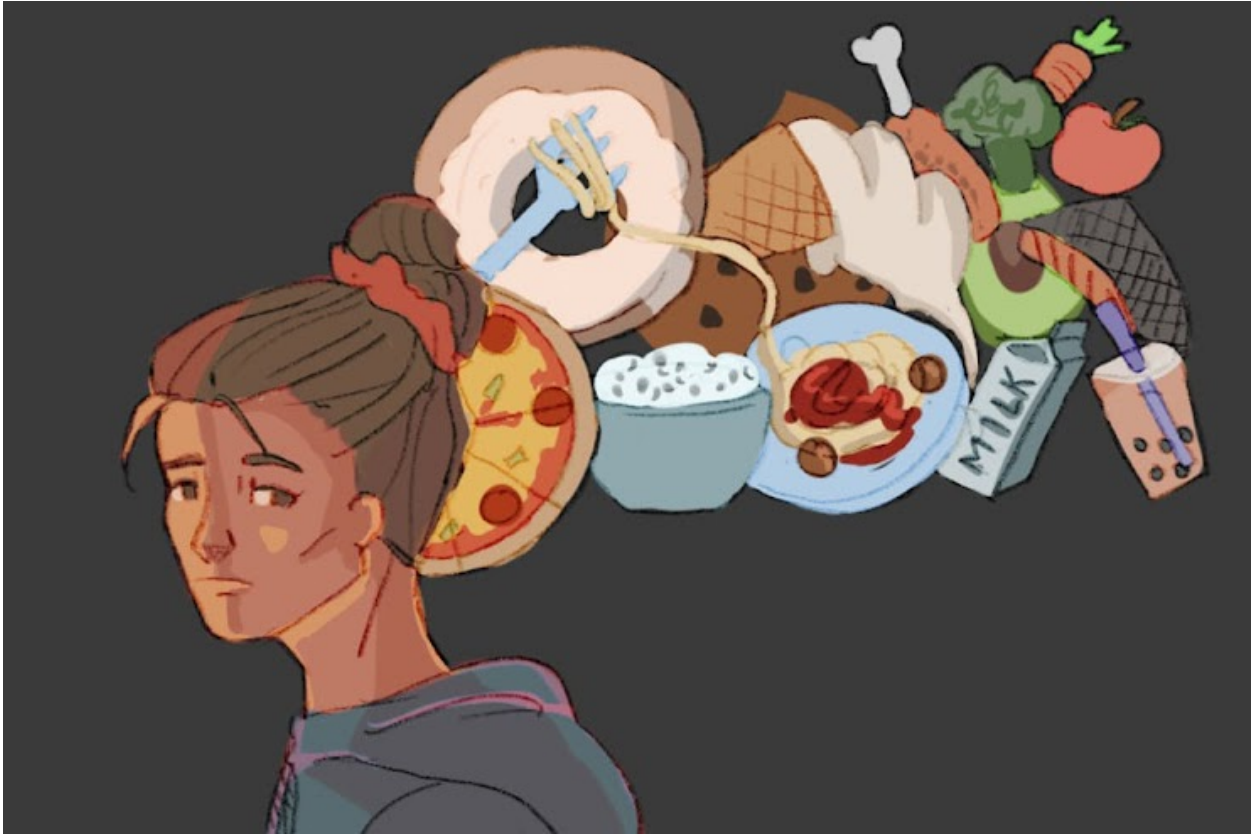


Mark only one oval.

True

False

7. Emotional hunger (Choose one answer): *



Mark only one oval.

- is a need of the stomach.
- is satisfied with almost all foods.
- often leads to feelings of shame, regrets and guilt.

8. In physical hunger (Choose one answer): *



Mark only one oval.

- you feel that food provides safety.
- you reward yourself with food.
- when satiety occurs, the brain commands not to consume anymore.

9. Which of the following is true (Choose one answer)? *



Mark only one oval.

- Only women develop eating disorders.
- Both women and men can develop eating disorders, but they are more common in women.
- Men do not have a negative body image.

10. People with anorexia nervosa (Choose one answer): *



Mark only one oval.

- feel intense fear of gaining weight.
- feel better when they reach the desirable weight.
- eat huge amounts of food, but do not worry about their weight.

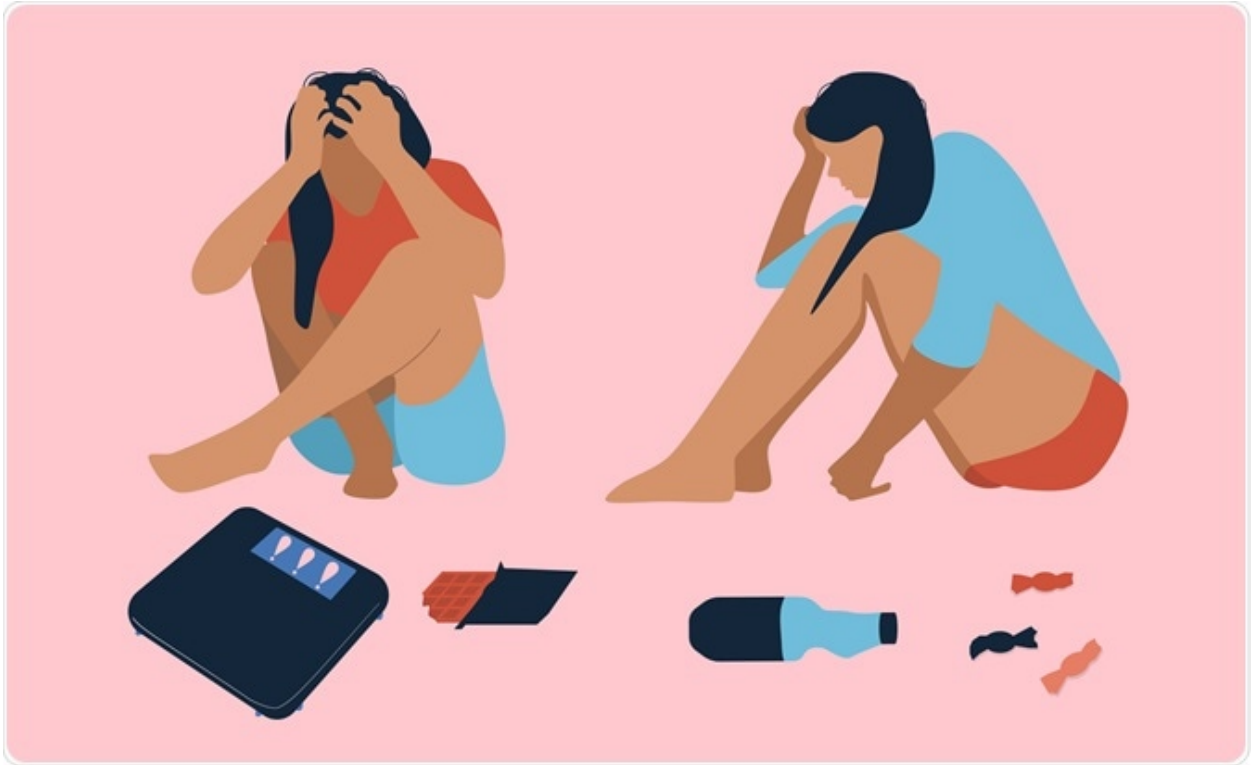
11. Both anorexia nervosa and bulimia nervosa can lead to:(Choose one answer): *



Mark only one oval.

- feelings of guilt and depression.
- substance / drug abuse.
- all of the above.

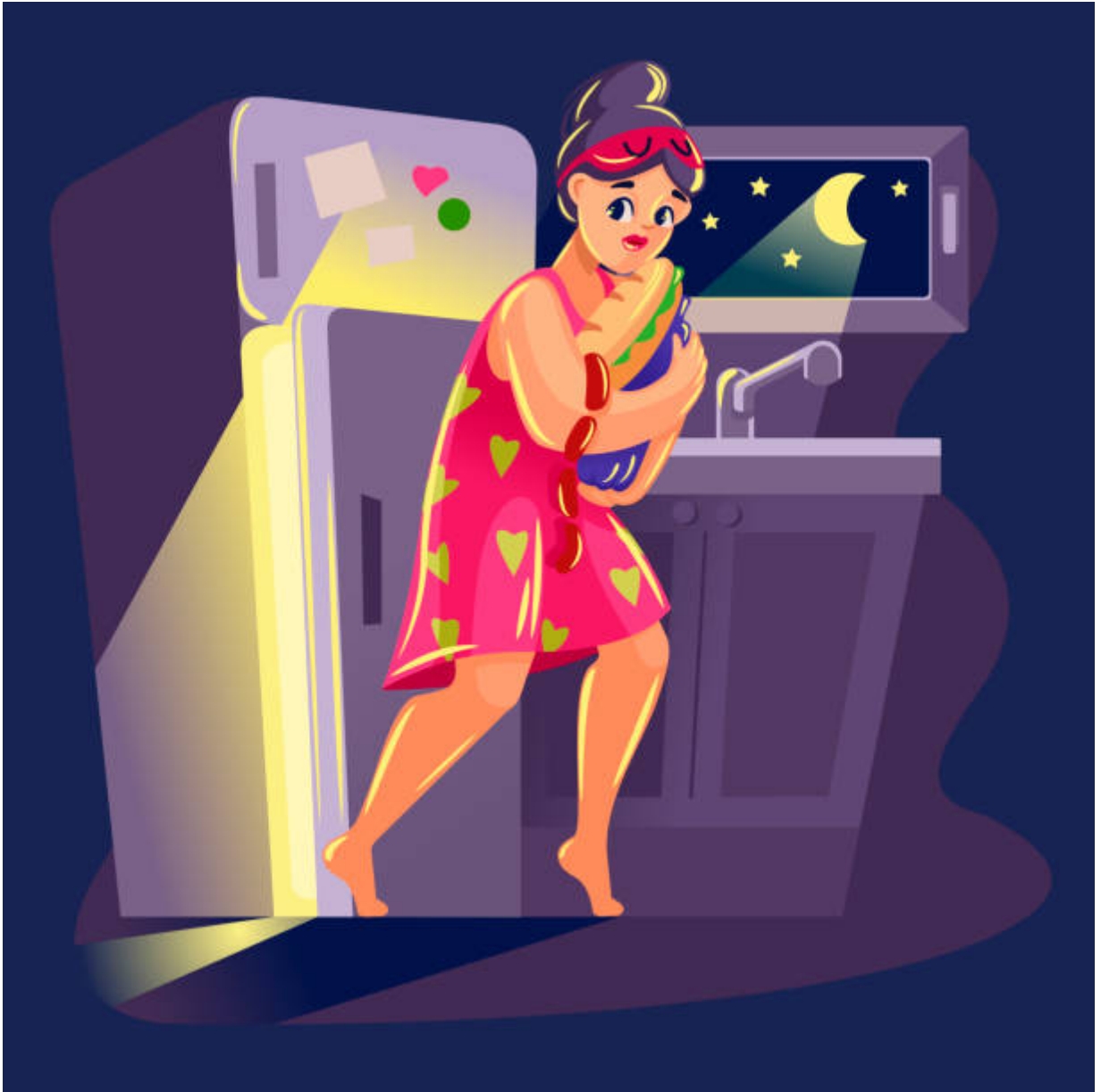
12. Bulimia nervosa is characterized by: (Choose one answer): *



Mark only one oval.

- voluntary restriction of food intake.
- recurrent episodes, in which large amounts of food are consumed, in a short period of time. The episodes are followed by remedial (compensatory) behaviours aimed at getting rid of unnecessary calories e.g. self-induced vomiting, use of laxatives etc.
- excessive consumption of food within a time period (about 2 hours), without the use of laxatives etc.

13. A binge eating episode is characterized by consuming, at a given time, an amount of food that is greater than what other people would be consuming at that time and under the same conditions. *



Mark only one oval.

True

False

14. Anorexic individuals avoid strenuous physical exercise. *



Mark only one oval.

True

False

15. Binge eating is often associated with depression and can start after a traumatic event or loss. *



Mark only one oval.

- True
- False

16. In a single bulimic attack, one can consume more than 10,000 calories in foods that cannot be combined. *



Mark only one oval.

True

False

17. Eating disorders are treated exclusively by a clinical dietitian. *



Mark only one oval.

True

False

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