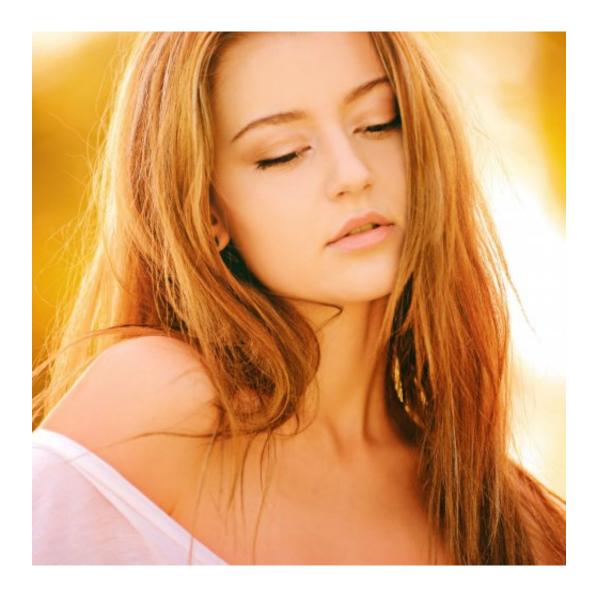
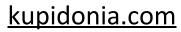


## Body Positivity Quiz: questions and answers







1. What is the age group of American females where over half of them are unhappy with their body?
O 20 to 29 years old
O 18 to 25 years old
O 12 to 23 years old
2. Which body image disorder affects men who believe that their body is insufficiently lean or muscular?
O Muscle dysmorphia
O Anorexia athletica
O Steroid abuse
3. All of the following are criteria for binge eating disorder except:
O recurrent episodes that occur at least once a week for three months
eating alone to conceal behavior from others
engaging in compensatory behavior after overeating
4. Which of the following is not considered as a part of the female athlete triad?
O High bone density
O Long periods of intense exercise
Absence of menstrual cycles
5. What is not the criteria for anorexia nervosa?
O Intense fear of gaining weight
Refusal to maintain at least a minimally normal body weight

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O Focus on a positive body image
6. How many American males are estimated to struggle with some form of an eating disorder?
O 1,000,000
O 800,000
O 500,000
7. Patterns of atypical eating behavior that are used to achieve or maintain a lower body weight are known as:
O Anxiety-induced eating
O Disordered eating
O Clinical eating disorders
8. All of the following are myths about how to build a positive body image except:
O Extreme dieting is an effective weight loss strategy
O Anyone can be slender if they have willpower
O Appearance is not more important than health
<ul> <li>9. The highest point on the body image continuum when a person has a completely positive body image is referred to as:</li> <li>O body obsession</li> </ul>
O body ownership
O body acceptance
10. A psychological disorder characterized by an obsession with one's body and with real or imagined flaws in appearance is:
O Body dysmorphic disorder
O Narcissism
O Anorexia nervosa



## Body Positivity Quiz: questions and answers

## Right answers

- 1. What is the age group of American females where over half of them are unhappy with their body? 12 to 23 years old
- 2. Which body image disorder affects men who believe that their body is insufficiently lean or muscular?

Muscle dysmorphia

- 3. All of the following are criteria for binge eating disorder except: engaging in compensatory behavior after overeating
- 4. Which of the following is not considered as a part of the female athlete triad? High bone density
- 5. What is not the criteria for anorexia nervosa? Focus on a positive body image
- 6. How many American males are estimated to struggle with some form of an eating disorder? 1,000,000
- 7. Patterns of atypical eating behavior that are used to achieve or maintain a lower body weight are known as:

Disordered eating

- 8. All of the following are myths about how to build a positive body image except: Appearance is not more important than health
- 9. The highest point on the body image continuum when a person has a completely positive body image is referred to as:

body ownership

10. A psychological disorder characterized by an obsession with one's body and with real or imagined flaws in appearance is:

Body dysmorphic disorder