

## 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?

- 20 to 29 years old
- 18 to 25 years old
- 12 to 23 years old

2. Which body image disorder affects men who believe that their body is insufficiently lean or muscular?

- Muscle dysmorphia
- Anorexia athletica
- Steroid abuse

3. All of the following are criteria for binge eating disorder except:

- 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?

- High bone density
- Long periods of intense exercise
- Absence of menstrual cycles

5. What is not the criteria for anorexia nervosa?

- Intense fear of gaining weight
- Refusal to maintain at least a minimally normal body weight

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

800,000

500,000

7. Patterns of atypical eating behavior that are used to achieve or maintain a lower body weight are known as:

Anxiety-induced eating

Disordered eating

Clinical eating disorders

8. All of the following are myths about how to build a positive body image except:

Extreme dieting is an effective weight loss strategy

Anyone can be slender if they have willpower

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 obsession

body ownership

body acceptance

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

Body dysmorphic disorder

Narcissism

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