



**QUESTIONS (SELECT ALL THAT APPLY)**

1- Emotions connected to eating disorders are:

- A- Anxiety, dysphoria, low self-esteem and substance abuse
- B- Body image distortion, low self-esteem, feeling out of control and depression
- C- Anxiety, dysphoria, low self-esteem and feelings of lack of control
- D- Dysphoria, low self-esteem and feelings of lack of control and history of sexual abuse

2- Up to one third of deaths related to Eating Disorders are due to:

- A- Maladaptive changes in the lower esophagus and pylorus which lead to malnutrition
- B- Cardiac arrhythmias
- C- Suicide
- D- Substance abuse

3- Associated co-morbidities related to eating disorders include (circle all that apply):

- A- Borderline personality disorder
- B- Anti-social personality disorder
- C- Obsessive compulsive disorder
- D- Anxiety
- E- Risk for suicide
- F- Paranoid personality disorder
- G- ETOH abuse
- H- Illicit drug abuse

4- Autism spectrum disorder (ASD) affects 1/88 children and more boys than girls. While ASD is still being researched as to what predisposing factors lead to a child having this, one of the newer theories has shown one of the answers below to be a predisposing factor:

- A- Paternal history of alzheimer's
- B- Paternal history of substance abuse
- C- Maternal history of substance abuse
- D- Maternal asthma or allergies

5- Being able to demonstrate the separation/individuation process is an important outcome to what disorder?

- A- Intellectual Developmental Disorder
- B- Autism Spectrum Disorder
- C- Conduct Disorder
- D- Oppositional Defiant Disorder



6- A nurse knows that a patient with autism spectrum disorder who is exhibiting signs of aggression, self-injury, temper tantrums and quickly changing moods may likely be prescribed which of the following medications (select all that apply):

- A- Zoloft
- B- Wellbutrin
- C- Risperidone
- D- Lorazepam
- E- Xanax
- F- Gabapentin
- G- Aripiprazole
- H- Olanzapine

7- A nurse knows that to treat Tourette's disorder a MD would likely suggest:

- A- Antipsychotic and behavioral therapy
- B- Combination medication therapy combining Haloperidol with Pimozide
- C- Haloperidol (Haldol) or pimozide (Orap) in combination with some type of therapy
- D- Combination of cognitive behavioral therapy and counseling to deal with the low self-esteem

8- A SN was in line at the grocery store and overhead some parents discussing a concerning child in their children's class at school. They mentioned that this child consistently underachieved in their academics, was passive-aggressive and recently ran away. They also discussed that this child's parent was highly controlling and had power issues. The SN just had a lecture on childhood disorders and suspects the child being described has:

- A- Conduct Disorder
- B- Oppositional Defiant Disorder
- C- ADHD
- D- A combination of the above disorders

9- Behavior therapy is based on the concepts of classical conditioning and operant conditioning. With this approach, rewards are given for appropriate behaviors and withheld when behaviors are disruptive and inappropriate. Which disorders respond well to this type of therapy (select all that apply):

- A- Intellectual Developmental Disorder
- B- Autism Spectrum Disorder
- C- Tourette's Disorder
- D- Oppositional Defiant Disorder
- E- Conduct Disorder
- F- ADHD
- G- Separation Anxiety Disorder



10 - Several disorders are more common in boys than girls. Which ones from the list below are more common in boys than girls:

- A- Intellectual Developmental Disorder
- B- Autism Spectrum Disorder
- C- Tourette's Disorder
- D- Oppositional Defiant Disorder
- E- Conduct Disorder
- F- ADHD
- G- Separation Anxiety Disorder

11- James is 13 years old and 1 of 6 children. For as long as he can remember he has been raised mother and James has no memories of his father. His mother has had 7 different boyfriends that James can remember and each relationship has been disharmonious filling the house with verbal violence. James has never been a high performer at school and has an aggressive temperament.

What disorder is he most at risk for:

- A- Intellectual Developmental Disorder
- B- Autism Spectrum Disorder
- C- Tourette's Disorder
- D- Oppositional Defiant Disorder
- E- Conduct Disorder
- F- ADHD
- G- Separation Anxiety Disorder

12- In order for separation anxiety disorder to be resolved the therapy must:

- A- Occur before adolescence
- B- Use dolls/puppets to engage a 5-6 year old child
- C- Involve the entire family
- D- Involve only the child and if possible.

13- Match these words in order of their meaning:

Palilalia, Echolalia, Lanugo

- A- Meaningless repetition of another person's spoken words as a symptom of psychiatric disorder.
- B- A speech tic that is characterized by a child's instant repetition of words that he or she had used in conversation. Often, the repeated words are said in a whispered or mumbling tone.
- C- Fine, soft hair, especially that which covers the body and limbs of a human fetus or newborn.

4- What are the BMI# for: anorexia, normal & obesity

- A- 15, 20-23, 30
- B- 17, 20-25, 30
- C- 17, 22-28, 34
- D- 15, 20-25, 28



**ANSWERS:**

1- 4 Emotions connected to eating disorders are:

X A- Anxiety, Dysphoria, Low Self-Esteem and Substance Abuse (substance abuse is not an emotion although it is connected with eating disorders)

X B - Body Image Distortion, Low Self-Esteem, Feeling Out of Control and Depression (body image distortion is a/w eating disorders but not an emotion. Depression may be a/w eating disorders but in our class is labeled as dysphoria).

**\* C- Anxiety, dysphoria, low self-esteem and feelings of lack of control**

X D- Dysphoria, low self-esteem and feelings of lack of control and history of sexual abuse (sexual abuse is not an emotion but is correlated with eating disorders).

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B- Cardiac arrhythmias

**\* C- Suicide**

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**\* C- Obsessive compulsive disorder**

**\* D- Anxiety**

**\* E- Risk for suicide**

F- Paranoid personality disorder

**\* G- ETOH abuse (substance abuse in general)**

**\* H- Illicit drug abuse (substance abuse in general)**

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***Both risperidone and aripiprazole will cause fatigue and weight gain.***

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A- Intellectual Developmental Disorder

\* **B- Autism Spectrum Disorder**

\* **C- Tourette's Disorder**

D- Oppositional Defiant Disorder

\* **E- Conduct Disorder**

F- ADHD

G- Separation Anxiety Disorder = more common in girls than boys

11- James is 13 years old and 1 of 6 children. For as long as he can remember he has been raised mother and James has no memories of his father. His mother has had 7 different boyfriends that James can remember and each relationship has been disharmonious filling the house with verbal violence. James has never been a high performer at school and has an aggressive temperament.

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**Echolalia** - Meaningless repetition of another person's spoken words as a symptom of psychiatric disorder.

**Lanugo** - Fine, soft hair, especially that which covers the body and limbs of a human fetus or newborn. (seen in anorexia)

14- What are the BMI# for: anorexia, normal & obesity

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