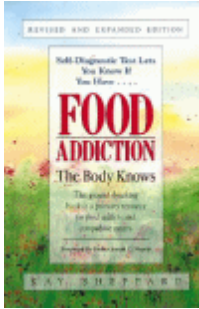


Food Addiction

The Body Knows

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8 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
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Examination Questions

Chapter 1: What is Food Addiction

1. A food addict is an individual who continues to use food compulsively, without regard for the negative consequences.
 - a. True
 - b. False

2. Food addicts:
 - a. have a metabolic, biochemical, imbalance
 - b. are obsessed with food and preoccupied with weight and appearance
 - c. experience progressive loss of control over the amount of food they eat
 - d. all of the above

3. In addition to the symptoms of other addiction diseases, which of the following is primarily associated with food addiction?
 - a. obsession and compulsion
 - b. denial and tolerance
 - c. distorted body image
 - d. withdrawal syndrome and craving

4. According to the author, when intake control of binge food is lost, the addict has entered the crucial phase of addiction and will never again be able to return to controlled eating of the binge food.
 - a. True
 - b. False

5. According to the author, the nutritional deprivation of restricted diets can lead to:
 - a. answers to weight gain/loss issues
 - b. binging
 - c. a decrease in craving for binge foods
 - d. all of the above

6. Weight gain is a symptom of the illness and:
- should be the primary focus of treatment
 - is the only issue to overcome
 - not the primary disease
 - is always accepted by the food addict
7. The food addict ____ experiences reverse tolerance.
- frequently
 - never
8. The intensity of withdrawal from binge food:
- differs depending on the binge food
 - is consistent most instances
 - intensifies with each incident
 - differs from individual to individual
9. According to the author, ____ is the way out of the disease and establishes the foundation of recovery.
- completing withdrawal
 - changing binge foods
 - progressive reduction
 - dieting
10. According to the author, craving of binge food is a ____ phenomenon:
- mental
 - psychological
 - physical
 - none of the above

Chapter 2: Recognizing the Disease

11. Bulimia nervosa and food addiction ____ the same disorder.
- are
 - are not
12. The typical time frame for a binge is:
- three to four hours
 - less than fifteen minutes
 - two hours or less
 - none of the above
13. Food addicts identify foods ____ as binge foods.
- with high caloric content
 - high in sugar, starch and fat
 - that facilitate rapid eating
 - all of the above

Chapter 3: The Progression of Food Addiction

14. Since refined carbohydrates are introduced to children at a very early age, the disease is triggered earlier in life than any other addiction.
- True
 - False
15. Which of the following is not one of the early signs of stage-one food addiction?
- preoccupation with food
 - lethargy
 - keeping secrets
 - self-loathing

16. Characteristics of second-stage food addiction include:

- a. guilt and remorse
- b. loss of control and weight gain
- c. emotional and physical deterioration
- d. all of the above

17. Final stage food addiction characteristics include:

- a. isolation
- b. work and family problems
- c. poor concentration
- d. all of the above

18. According to the author, weight loss programs fail because they include daily amounts of trigger foods.

- a. True
- b. False

Chapter 4: The Primitive Brain – Seat of Addiction

19. Addiction, including food addiction, has a ____ basis related to the way the brain uses its neurotransmitters.

- a. neurological
- b. psychological
- c. biological
- d. none of the above

20. The specific area of the brain, with which addiction is associated, is the:

- a. cortex
- b. corpus
- c. hypothalamus
- d. thalamus

21. Two chemical messengers produced by the brain, which seek out and attach to mating receptors, are called:

- a. endorphins and enkephalins
- b. norepinephrine and serotonin
- c. acetylcholine and dopamine
- d. phenylethylamine and oxytocin

22. The new brain is responsible for instinctive feeling (survival) and sends messages to the old brain, where decisions are made.

- a. True
- b. False

23. According to the author, recovery operates at the ____ level of the brain.

- a. survival
- b. pain relieving
- c. pleasure seeking
- d. cognitive

Chapter 5: The Addictive Foods

24. According to the author, food addicts cannot recover until they identify, withdraw from, and abstain from all addictive foods.

- a. True
- b. False

Chapter 6: Consequences of Food Addiction

25. An increase in body weight of ____ or more above desirable body weight constitutes an established health hazard.
- a. 2%
 - b. 10%
 - c. 15%
 - d. 20%
26. According to the author, television ____ cause food addiction.
- a. does
 - b. does not
27. Medical complications associated with obesity include:
- a. heart disease
 - b. hypertension
 - c. respiratory problems
 - d. all of the above

Chapter 7: Methods That Fail

28. According to the author, dieting to lose weight ____ work for the long term.
- a. does
 - b. does not
29. According to the author, historically, professionals have treated the symptoms of food addiction, while ignoring the disease.
- a. True
 - b. False
30. According to the author, obsessive thoughts result in compulsive behavior for the food addict.
- a. True
 - b. False
31. According to the author, the road to recovery for the food addict includes:
- a. identifying and abstaining from addictive foods
 - b. working with a sponsor to establish a healthy and successful food plan
 - c. treating the disease, rather than the symptoms
 - d. all of the above

Chapter 8: A Lifetime Eating Plan

32. According to the author, it is ____ to avoid hunger in order to avoid binging again.
- a. not necessary
 - b. necessary

Chapter 9: Managing Food

33. Which of the following steps is not part of a successful food plan?
- a. weighing and measuring
 - b. counting calories
 - c. reporting to a sponsor
 - d. checking ingredients

Chapter 10: Initiating Recovery

34. According to the author, a successful treatment program includes the following criteria:
- a. breaking the binge cycle
 - b. identifying the effects of the disease on loved ones
 - c. developing an ongoing support program
 - d. all of the above

Chapter 11: Progressive Recovery – Reversing the Disease

35. According to the author, focusing on food and weight are a fundamental principle of food addiction recovery.
- a. True
 - b. False

Chapter 12: Food Addiction Relapse Prevention

36. Overeating and under-eating are both signs of relapse.
- a. True
 - b. False