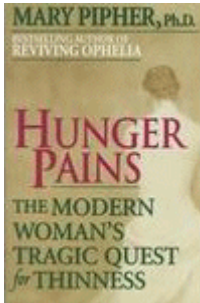


# *Hunger Pains*

*The Modern Woman's Tragic Quest for Thinness*

Mary Pipher, Ph.D.

**6 CEHs**



## TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain text.
3. **Read** text and answer exam questions on this sheet.
4. **Click** the “**Answer Sheet**” button on navigation bar to take test.
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7. **Enter** credit card information on **Payment Form** that follows.
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## Examination Questions

### Chapter One: Overview

1. According to the author, until our culture changes the messages it sends about women it will be difficult for individual women to have healthy attitudes about their bodies.
  - a. True
  - b. False

### Chapter Two: Hunger and Eating

2. According to the author, eating becomes \_\_\_\_ behavior.
  - a. a physical
  - b. a psychological
  - c. an intellectual
  - d. both a social and a survival
3. According to the author, there is evidence that externally controlled eaters are more likely to become \_\_\_\_ than internally controlled eaters.
  - a. hungry
  - b. irritable
  - c. obese
  - d. none of the above

### Chapter Three: What We See in the Mirror

4. According to the author, the ratio of women to men with eating disorders is:
  - a. 10 to 1
  - b. 25 to 1
  - c. 50 to 1
  - d. 75 to 1
5. According to the author, which of the following statements is true?
  - a. Boys evaluate their bodies in terms of strength, speed, and agility.
  - b. Girls typically evaluate their bodies in terms of attractiveness.
  - c. After puberty, girls have twice as many fat cells as boys.
  - d. all of the above

**Chapter Four: Why Diets Don't Work**

6. The internal control system that dictates how much body fat a person should carry is known as the:
- “body fat factor”
  - “set point”
  - “metabolism factor”
  - none of the above

**Chapter Five: Solutions that Don't Work**

7. According to a survey conducted in 1994, \_\_\_\_ percent of dieters regain all the weight they lost within five years.
- 90
  - 80
  - 70
  - 60

**Chapter 6: Clients with Bulimia**

8. The author compares bulimia to \_\_\_\_, in that it affects “all kinds of women from all kinds of backgrounds.”
- divorce
  - depression
  - anger
  - none of the above

**Chapter 7: Bulimia – The Food Addiction**

9. Which of the following is not a symptom used in a diagnosis for bulimia according to the *Diagnostic and Statistical Manual for Psychologists*?
- recurrent binge eating
  - hiding food and secretive eating
  - emotional collapse and withdrawal
  - weight fluctuation of over 10 pounds in one year
10. According to the author, most bulimics suffer from \_\_\_\_; the inability to experience pleasure.
- preferential regression
  - anhedonia
  - divisive degeneration
  - none of the above.
11. According to the author, the treatment of bulimia is often:
- long-term
  - complicated
  - characterized by many setbacks and crises
  - all of the above

**Chapter Eight: Clients with Anorexia**

12. According to the author, although Rose, Corrina, and Amanda had come from diverse backgrounds and had different life circumstances, all three women were obsessed with weight and had given up on life.
- True
  - False

**Chapter Nine:** Anorexia – Starvation in the Land of Plenty

13. Anorexia typically begins with \_\_\_\_, which may be in response to a crisis or simply at the suggestion of a friend or family member.
- discourse
  - dieting
  - apprehension
  - none of the above
14. According to the author, anorexic females:
- experience a constant gnawing pain in their stomachs
  - deny their hunger, but experience urges to eat
  - test themselves by staying near food, but turning it down
  - all of the above
15. Teenagers and adults with anorexia are often forced into treatment by family members before their problem becomes life-threatening.
- True
  - False
16. According to the author, treating anorexia includes which of the following?
- weight restoration, long-term individual counseling, keeping records of eating and exercise
  - weight maintenance, group and individual therapy
  - a change in the client's eating, exercise, and work patterns
  - none of the above

**Chapter Ten:** Obese Clients

17. The author described her client Amy's condition as being similar to victims of post-traumatic stress.
- True
  - False

**Chapter Eleven:** Obesity – Being Fat in America

18. According to the author, doctors are never as biased and fat-phobic as most people.
- True
  - False
19. According to the author, many obese women, as a result of their continual experience of being maligned and rejected by others, exhibit personality traits, which include:
- low self-esteem
  - high social anxiety
  - depression
  - all of the above

**Chapter Twelve:** Feeling Good

20. According to the author, watching television reinforces the idea that what's important about a woman is her appearance.
- True
  - False
21. According to the author, diets \_\_\_\_ obesity as well as eating disorders, depression, irritability, and sluggishness.
- treat
  - address
  - cause
  - none of the above

**Chapter Thirteen:** Helping Our Children

22. According to the author, the range of “acceptable” bodies is broader for:  
a. girls  
b. boys

23. According to the author, food \_\_\_\_\_ be used to punish or reward children.  
a. should  
b. should not

**Chapter Fourteen:** Changing Our Culture

24. According to the author, Americans exercise less, are less physically fit, yet diet more.  
a. True  
b. False