



Kahoot : Eating Disorders

1. Eating disorders are among the top 7 most common mental health disorders in Canadian youths. Where do they rank?
 - a. 6th
 - b. 2nd
 - c. 7th
 - d. 3rd

Answer: D. Eating disorders are the 3rd most common mental health disorder within Canadian youth after anxiety and depression.

2. True or false: There are only 3 types of eating disorders.
 - a. True
 - b. False

Answer: False. The three most well-known eating disorders (EDs) are anorexia, bulimia, and binge eating. However, these 3 illnesses aren't the only EDs. Other eating disorders include UFED (unspecified feeding or eating disorder, ARFID (Avoidant restrictive food intake disorder), and other phenomena such as orthorexia, bigorexia, and diabulimia.

3. True or false: Boys suffer from eating disorders.
 - a. True
 - b. False

Answer: True. Boys can suffer from eating disorders as well. In fact, about 10% of those suffering from an eating disorder are boys and men. In bigorexia, for example, the disorder is seen mostly in men. Also, more recent statistics are needed to know the reality of men living with EDs in our society today.

4. True or False: If you do not have a medical diagnosis, you do not suffer from an eating disorder.
- a. True
 - b. False

Answer: False. You can suffer from an eating disorder and be undiagnosed. You can also suffer from an eating disorder and be unaware or in denial about its existence. The importance is in recognizing the individual's suffering and knowing when it is considered an illness; when the ED takes hold of the person's thoughts and behaviors and when it becomes overwhelming.

5. Which of the following is not an eating disorder or an ED phenomenon?
- a. Body Dysmorphia
 - b. Anorexia Nervosa
 - c. Orthorexia
 - d. Diabulimia

Answer: A. Body dysmorphia is a mental health illness that can be associated with eating disorders, however, not everyone who suffers from an eating disorder has body dysmorphia.

6. True or False: Since the pandemic there has been an increase in hospitalizations of youths suffering from eating disorders.
- a. True
 - b. False

Answer: True. Since the pandemic there has been a great rise in hospitalizations due to eating disorders. We have seen an increase of about 2-3 times higher than average in hospitals world-wide.

7. True or false: Everyone who suffers from an eating disorder will seek out help.
- a. True
 - b. False

Answer: False. Not everyone with an eating disorder will seek out help. Some may be too afraid of the possibility of forced hospitalization and others may be unaware or in denial about their eating disorder. An eating disorder is also a coping mechanism which makes it difficult for people to let go of this maladaptive way of coping.

8. What is the definition of bigorexia?
- a. The need to be skinnier
 - b. The need to have big muscle mass
 - c. The need to have small muscle mass
 - d. None of the above

Answer: B. Bigorexia is a mental health illness in which the person suffering sees themselves as too skinny and not muscular enough. Individuals who suffer from bigorexia will work out very often, sometimes multiple times a

day, will be on strict diets, and may use steroids to achieve a desired muscular look. This disorder often affects bodybuilders and can lead to severe physical and mental health issues.

9. True or false: Mommyrexia is an eating disorder.

- a. True
- b. False

Answer: True. Mommyrexia is an eating disorder in which pregnant women will skip meals, or avoid eating and use compensatory measures in order to remain thin while being pregnant. This phenomenon brings a lot of suffering and shame to the expecting mother.

10. True or false: Eating disorders only affect those aged between 14 and 25.

- a. True
- b. False

Answer: False. It is true that eating disorders are most commonly found amongst teens and young adults aged between 14 to 25, however, you can suffer from an ED at any age. Eating disorders do not discriminate and can develop in everyone, no matter their age, gender, culture and social status.

11. What percentage of individuals with anorexia will fully recover?

- a. 21%
- b. 55%
- c. 35%
- d. 70%

Answer: C. 35% of individuals will fully recover from anorexia, 38% will have partial symptoms, and 21% will manage their symptoms throughout their lives. In recovery for EDs, the sooner you receive help and support, the better your chances are of recovery.

12. True or false: Isolation from friends and family can be a sign that an individual has an eating disorder.

- a. True
- b. False

Answer: True. Isolation can be one of the many behavioral signs that an individual may suffer from an ED. Individuals suffering from an ED will isolate themselves as a way to protect the ED or against judgment from others. Social events involving food can also be very triggering for someone with an eating disorder, so a person living with an ED will often decline an invitation where he/she may not be able to control their environment and the food that is offered.

13. What percentage of individuals with bulimia fully recover?

- a. 50%
- b. 20%
- c. 45%
- d. 90%

Answer: A. 50% of individuals with bulimia will fully recover, 30% will partially recover, and 20% will not recover. In recovery for EDs, the sooner you receive help and support, the better your chances are of recovery.