



Diabetes & Eating Disorders

Test your knowledge...

Please indicate if each of the following statement is true or false. The answers are at the end.
If you get any wrong, the answers are in the educational module.

Is this statement...

Anorexia nervosa		True	False
1	Eating disorders are more common in adult females than adult males		
2	Anorexia nervosa is characterised by a person's refusal to maintain body weight above 85% of that expected for their height and age		
3	People with anorexia nervosa do not generally have a severely disturbed body image		
4	People with anorexia nervosa fear gaining weight or getting fat despite being underweight		
5	The average age of onset of anorexia nervosa is between 15 and 19 years		
6	More than 40% of people with anorexia nervosa are male		
7	Females with anorexia nervosa may present with amenorrhoea		
8	Males with anorexia nervosa may present with loss of libido		
9	Children with anorexia may present with delayed puberty		
10	Mortality rates are 5 times higher for people with anorexia nervosa compared with the general population		
11	Anorexia nervosa is associated with better recovery rates than bulimia nervosa		
12	Up to 60% of adolescents with anorexia nervosa make a full recovery with early specialist intervention		



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Bulimia nervosa

True

False

- 13 **People with bulimia nervosa show binge eating episodes and compensatory behaviours**
- 14 **Bulimia nervosa patients are typically underweight**
- 15 **The peak age of onset of bulimia nervosa is 11 years old**
- 16 **Bulimia nervosa is associated with better recovery rates than anorexia nervosa**

Diabetes and eating disorders

- 17 **People with diabetes are more likely to present with periodic overeating, binge eating and compensatory weight control behaviours**
- 18 **Eating disorders are as prevalent in type 1 diabetes as in the non-diabetic population**
- 19 **31% of women with type 1 diabetes report intentional insulin restriction**
- 20 **Binge eating disorder is the most common eating disorder in people with type 2 diabetes**

Management of eating disorders

- 21 **Most people with an eating disorder have a concurrent mood or anxiety disorder**
- 22 **Immediate referral to an age-appropriate eating disorder service is essential**
- 23 **A watchful wait strategy is appropriate if an eating disorder is suspected**
- 24 **Management of eating disorders requires a multidisciplinary collaborative care team**

Answers

Anorexia nervosa: 1. True; 2. True; 3. False; 4. True; 5. True; 6. False; 7. True; 8. True; 9. True; 10. True; 11. False; 12. True;
Bulimia nervosa: 13. True; 14. False; 15. False; 16. True; 17. True;
Diabetes and eating disorders: 18. False; 19. True; 20. True;
Management of eating disorders: 21. True; 22. True; 23. False; 24. True