



# PCDS Mental Health Hub

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## MCQ Eating Disorders

Novo Nordisk has provided sponsorship to the PCDS to cover the costs of the development and hosting of the PCDS Mental Health Hub. The PCDS Mental Health Hub is designed to provide digestible, easy to access information through peer-led videos, linked CPD and printable HCP/patient reference sources to promote optimal care. Novo Nordisk has had no influence over the creation, development or content of these mental health e-learning modules and full control remains the full responsibility of the PCDS.

# Eating disorder behaviours do not normally include which of the following?

- Self-induced vomiting
- Excessive or driven exercise
- Medication misuse (eg laxatives, diuretics)
- Omission or restriction of insulin or another medication
- Fasting, abstinence from or a severe reduction in several or all food and beverages
- Lactose-free diet



# Which of the following statements are true?

- Eating disorders are more common in people with type 1 diabetes than the general population
- Eating disorders are always associated with the use of insulin
- People with diabetes and eating disorders always aim for weight loss
- Eating disorders are more common than disorganised eating



# Which of the following statements are false?

- The average age of onset for anorexia nervosa is between 15 and 19 years
- Up to 75% of anorexia sufferers are female
- Compulsive exercise rather than food restriction may be the earliest sign of anorexia nervosa in males
- A persistent drive to avoid weight gain by restriction of diet and using compensatory behaviour is common among people with anorexia nervosa

90% are likely to be women

# Which of the following statements are false?

- Bulimia nervosa is characterised by recurrent episodes of binge eating, at least once a week for three months
- The BMI of people with bulimia nervosa is in the normal, overweight or obese range
- The peak age of onset of bulimia nervosa is between 20 and 35 years
- Up to 12% of adolescent girls may experience bulimia nervosa
- Bulimia nervosa may involve compensatory behaviour to prevent weight gain following excess eating

15-20 years

# Which of the following statements are true ?

Eating disorder should be considered if patients:

- Have an unusually low or high BMI for their age
- Show faltering growth at younger ages
- Show rapid weight loss
- Exhibit mental health problems (such as stress, anxiety and depression) or social withdrawal
- Show poor control of chronic diseases affected by diet (such as diabetes or coeliac disease)
- Show menstrual or other endocrine disturbances
- Report unexplained gastrointestinal symptoms
- Show electrolyte imbalances

# Eating problems in people with diabetes are associated with which of the following?

- Sub-optimal diabetes self-management and outcomes
- Overweight and obesity
- Impaired psychological well-being
- Early onset of diabetes complications
- Higher morbidity and mortality
- **More frequent attendance at clinics**

Less likely to attend



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# Which of the following statements are false?

- Intensive diabetes management may increase the risk of developing an eating disorder
- Eating disorders are twice as common in teenage girls with type 1 diabetes as in their nondiabetic peers
- Insulin restriction conveys more than a three-fold increased risk of mortality
- Up to 10% of women report intentional insulin restriction

31% of women

# Eating disorders in people with type 1 diabetes are associated with which of the following?

- Earlier onset and increased risk of microvascular complications (eg retinopathy, neuropathy)
- More frequent episodes of diabetic ketoacidosis and diabetes-related hospital admissions
- Up to three times higher risk of mortality over a 6-10 year period
- Lower HbA<sub>1c</sub> concentrations



# Which of the following are part of the significant risk criteria and require referral for urgent assessment?

- Recurrent episodes of diabetes ketoacidosis
- Cardiac arrhythmias
- Hypothermia
- Hypotension
- Electrolyte abnormalities
- The patient stops taking insulin



# Which of the following statements are false?

- Estimates suggest that 46% of people with anorexia nervosa will fully recover
- Prognosis is best in young people with a short duration of anorexia nervosa
- Relapse of anorexia nervosa is common
- Mortality rates are more than 5 times higher for people with anorexia nervosa than the general population
- Anorexia nervosa has the highest rate of mortality of any mental health disorders
- The most common causes of death is diabetic ketoacidosis

The most common cause of death is from cardiac complications, severe infection and suicide (20%)

# Which of the following statements are false?

- The course of bulimia nervosa typically consists of cycles of remission and relapse
- Recovery rates for bulimia nervosa are better than with anorexia nervosa
- The reported all-cause standardised mortality ratio for bulimia nervosa ranges from 1.6 to 1.9

Between 30–60% of people with bulimia nervosa make a full recovery with treatment compared with 46% with anorexia