1.

A 17-year-old female with anorexia nervosa presents with BMI 16.5 and denies purging behaviors. She reports excessive exercise and intense fear of weight gain. Which is the **priority treatment goal**?

A. Reduce distorted cognitions about body image
B. Eliminate excessive exercise
C. Restore weight
D. Improve family dynamics

Answer: C. Restore weight

2.

Which factor is **most strongly associated** with the development of anorexia nervosa?

A. Anxiety
B. Depression
C. Family expectations regarding weight
D. Trauma

Answer: D. Trauma

3.

A PMHNP is initiating treatment for anorexia nervosa in an outpatient setting. Which intervention is **most appropriate as first-line**?

A. SSRI therapy
B. Cognitive behavioral therapy
C. Antipsychotic medication
D. Mood stabilizer

Answer: B. Cognitive behavioral therapy

4.

Which treatment modality is **most effective for adolescents** with anorexia nervosa?

A. Individual CBT
B. Psychodynamic therapy
C. Family-based therapy
D. Group therapy

Answer: C. Family-based therapy

5.

A client with anorexia nervosa is medically stable. Which setting is **most appropriate for ongoing treatment**?

A. Inpatient hospitalization
B. Residential treatment
C. Partial hospitalization
D. Outpatient therapy

Answer: D. Outpatient therapy

6.

Which laboratory finding is **most commonly associated** with anorexia nervosa?

A. Hyperkalemia
B. Leukocytosis
C. Anemia
D. Hyperglycemia

Answer: C. Anemia

7.

A PMHNP is evaluating a client with suspected eating disorder. Which screening tool is **most appropriate**?

A. PHQ-9
B. GAD-7
C. SCOFF
D. HAM-D

Answer: C. SCOFF

8.

Which of the following best differentiates anorexia nervosa from bulimia nervosa?

A. Fear of weight gain
B. Distorted body image
C. Significantly low body weight
D. Compensatory behaviors

Answer: C. Significantly low body weight

9.

Which complication is **most specific to bulimia nervosa**?

A. Lanugo
B. Bradycardia
C. Enamel erosion
D. Hypothermia

Answer: C. Enamel erosion

10.

A client with anorexia nervosa begins nutritional rehabilitation. Which complication is **most important to monitor initially**?

A. Hypernatremia
B. Refeeding syndrome
C. Hypercalcemia
D. Elevated liver enzymes

Answer: B. Refeeding syndrome

11.

Which neurotransmitter systems are **most implicated** in eating disorders?

A. Acetylcholine and GABA
B. Dopamine and serotonin
C. Histamine and glutamate
D. Norepinephrine and epinephrine

Answer: B. Dopamine and serotonin

12.

Which client statement reflects a **core cognitive distortion** seen in anorexia nervosa?

A. “I feel anxious after eating.”
B. “I need to be perfect in everything I do.”
C. “I am overweight even though others say I am too thin.”
D. “I exercise to reduce stress.”

Answer: C. Distorted body perception

13.

Which of the following is a **primary indication for inpatient hospitalization** in anorexia nervosa?

A. Mild weight loss
B. Family conflict
C. Severe electrolyte imbalance
D. Poor insight

Answer: C. Severe electrolyte imbalance

14.

Which behavior is **most characteristic** of anorexia nervosa?

A. Binge eating followed by purging
B. Restrictive intake with excessive exercise
C. Emotional eating during stress
D. Nighttime overeating

Answer: B. Restrictive intake with excessive exercise

15.

Which comorbid condition is **most commonly treated pharmacologically** in anorexia nervosa?

A. Psychosis
B. Bipolar disorder
C. Depression
D. ADHD

Answer: C. Depression

16.

A 16-year-old female with anorexia nervosa presents with BMI 15.8, bradycardia, and dizziness. She reports restricting intake but denies purging. Which is the **most appropriate next step**?

A. Initiate CBT outpatient
B. Start SSRI therapy
C. Refer for inpatient hospitalization
D. Begin family-based therapy

Answer: C. Refer for inpatient hospitalization

17.

All of the following are **risk factors** for eating disorders EXCEPT:

A. History of bullying related to weight
B. Family history of eating disorders
C. High self-esteem and resilience
D. Trauma exposure

Answer: C. High self-esteem and resilience

18.

A client with anorexia nervosa begins treatment. Which intervention is **most critical during early refeeding**?

A. Monitor for depressive symptoms
B. Monitor for electrolyte imbalance
C. Address cognitive distortions
D. Encourage physical activity

Answer: B. Monitor for electrolyte imbalance

19.

Which of the following best explains why **SSRIs are often ineffective in underweight anorexia patients**?

A. Increased dopamine activity
B. Malnutrition alters neurotransmitter availability
C. Reduced hepatic metabolism
D. Increased renal clearance

Answer: B. Malnutrition alters neurotransmitter availability

20.

A PMHNP is treating a patient with anorexia nervosa and comorbid anxiety. Which is the **best sequencing of treatment**?

A. Treat anxiety first with SSRIs
B. Address both simultaneously with medications
C. Prioritize weight restoration before pharmacotherapy
D. Initiate benzodiazepines for anxiety

Answer: C. Prioritize weight restoration

21.

Which of the following is **most indicative of anorexia nervosa rather than ARFID**?

A. Limited food intake
B. Nutritional deficiency
C. Fear of gaining weight
D. Dependence on supplements

Answer: C. Fear of gaining weight

22.

A 14-year-old presents with restrictive eating and significant weight loss but denies fear of weight gain. Which diagnosis is **most likely**?

A. Anorexia nervosa
B. Bulimia nervosa
C. ARFID
D. Binge eating disorder

Answer: C. ARFID

23.

Which of the following is **most strongly associated with poor prognosis** in anorexia nervosa?

A. Early intervention
B. Strong family support
C. Chronic duration of illness
D. Mild weight loss

Answer: C. Chronic duration of illness

24.

Which of the following statements about **family-based therapy (FBT)** is most accurate?

A. Focuses on individual insight
B. Emphasizes parental control of eating initially
C. Encourages early independence in food choices
D. Avoids involvement of caregivers

Answer: B. Parental control initially

25.

Which of the following behaviors is **most concerning for medical instability** in anorexia nervosa?

A. Calorie counting
B. Skipping meals
C. Syncope episodes
D. Body dissatisfaction

Answer: C. Syncope episodes

26.

A patient with anorexia nervosa reports excessive exercise. What is the **primary clinical concern** with this behavior?

A. Social withdrawal
B. Increased caloric expenditure worsening weight loss
C. Reinforcement of cognitive distortions
D. Increased risk of depression

Answer: B. Worsening weight loss

27.

Which of the following best describes the **underlying psychological function** of anorexia nervosa behaviors?

A. Seeking pleasure from food restriction
B. Desire for social acceptance
C. Need for control and regulation of internal distress
D. Avoidance of physical activity

Answer: C. Need for control

28.

Which of the following is **most appropriate when screening adolescents for eating disorders in primary care**?

A. Routine metabolic panel
B. SCOFF questionnaire
C. EEG
D. MRI

Answer: B. SCOFF