

**“EATING DISORDERS BASICS” (A346)**

Videoconference Webcast

Original Broadcast Date: February 12, 2020

Quiz for General CEUs, CADC, NBCC, Psychologist, and Social Work/LPC/LMFT  
Continuing Education Credit (2.0 credit hours)

**DIRECTIONS: Complete this test after viewing the videoconference webcast listed above.** In order for UPMC Western Psychiatric Hospital to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit (CEU) on the next page. Please note: A passing score of 80% or above is required to receive CEUs. After finishing, sign as indicated on the second page and return both forms by mail to:

**Nancy Mundy  
OERP/WPH  
3811 O’Hara Street  
Champion Commons Building, Third Floor  
Pittsburgh, PA 15213**

**Multiple choice and TRUE/FALSE Questions**

1. Eating disorders affect individuals across ages, races, ethnicities, gender, sexes, and cultures. TRUE/FALSE
2. An individual can be diagnosed with Anorexia Nervosa and Bulimia Nervosa at the same time. TRUE/FALSE
3. Only sociocultural factors, not biological or person-specific factors, are associated with increased risk for developing an eating disorder. TRUE/FALSE
4. Evidence-based treatments have been established for eating disorders. TRUE/FALSE
5. Binge eating is a core symptom of the following eating disorders except:
  - a. Anorexia Nervosa – Restricting Type
  - b. Anorexia Nervosa – Binge Eating/Purging Type
  - c. Bulimia Nervosa
  - d. Binge Eating Disorder
6. You are conducting an evaluation and determining whether the patient meets criteria for a diagnosis of Bulimia Nervosa or Binge Eating Disorder. Which piece(s) of information do you need to consider?
  - a. The presence of objective binge eating episodes
  - b. The frequency of binge eating episodes
  - c. The recurrent use of compensatory behaviors
  - d. All of the above
7. Which of the following are risk factors for developing Binge Eating Disorder?
  - a. Dieting
  - b. Childhood obesity
  - c. Experiences of weight stigma or bullying
  - d. All of the above

8. Which level of care is typically considered for eating disorder treatment?
  - a. Inpatient
  - b. Residential
  - c. Outpatient
  - d. All of the above are considered for eating disorder treatment
9. What is needed to determine an episode of objective binge eating?
  - a. Experiencing a sense of loss of control over eating and eating an objectively large amount of food
  - b. Eating a subjectively large amount of food
  - c. Experiencing shame and guilt
  - d. All of the above
10. When determining a treatment plan and initial level of care for a patient, guidelines for treating eating disorders suggest starting with:
  - a. The most restrictive setting that will accomplish the patient's treatment goals
  - b. The least restrictive setting that will accomplish the patient's treatment goals
  - c. The setting with the earliest available intake appointment
  - d. The least expensive setting that is available
11. Common components of evidence-based psychotherapy approaches for eating disorders include:
  - a. Psychoeducation
  - b. Monitoring of weight and relevant behaviors
  - c. Support and encouragement
  - d. All of the above
12. Weight restoration and refeeding are most often included in treatment for which eating disorder?
  - a. Anorexia Nervosa
  - b. Bulimia Nervosa
  - c. Binge Eating Disorder
  - d. All of the above

**After completing the quiz, PLEASE NOTE THAT IT IS IMPORTANT FOR THE ONGOING ACCREDITATION OF OUR PROGRAMS THAT YOU COMPLETE AN EVALUATION. To obtain APA, NCC and LSW, LCSW, LPC, LMFT credit, it is mandatory for you to complete this evaluation. Please go to the following link and be sure to enter the entire address including the "https://" text. The evaluation should take less than 10 minutes to complete. Please put the entire address into your web browser: <https://www.surveymonkey.com/r/T346-VC>**

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**APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR  
 General CEUs, CADC, NBCC, Psychologists, and  
 Social Work/LPC/LMFT (2.0 CREDIT HOURS)**

**INSTRUCTIONS:** In order for UPMC Western Psychiatric Hospital to record the credit you earn by viewing this program, we request that you follow the directions below:

1. Print your name, address and email address below.
2. Sign the statement affirming your attendance at the session.
3. Return with payment to:

**Nancy Mundy**  
**OERP/WPH**  
**3811 O’Hara Street**  
**Champion Commons Building, Third Floor**  
**Pittsburgh, PA 15213**

Or go to <https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=220928> to pay online.

I hereby affirm that I viewed the videoconference webcast indicated above:

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**Signature** **Date Completed**

**PLEASE PRINT CLEARLY:**

	<b>Mailing Address</b>		
<b>Name</b>	<b>City</b>	<b>State</b>	<b>Zip Code</b>
<b>Phone #</b>	<b>Email address</b>		

**TYPE OF CREDIT: *Please Indicate Your Certification Needs***

<input type="checkbox"/> CADC: Certified Alcohol and Drug Counselor
<input type="checkbox"/> CEU: General Continuing Education Credit
<input type="checkbox"/> NCC: National Certified Counselors
<input type="checkbox"/> Psychologist
<input type="checkbox"/> SW/LPC/LMFT: Social Work (LCSW, LSW)

**PAYMENT ENCLOSED:**

- \$30 (to pay online, please go to <https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=220928>)
- Check # \_\_\_\_\_ (Check payable to OERP/WPH)

Send these two forms to the above address. If your score is 80% or above, you will receive a certificate via email. If you have any questions, contact Nancy Mundy at [mundynl@upmc.edu](mailto:mundynl@upmc.edu) or 412-204-9090.

## Continuing Education Credit

Each program is offered for the designated number of continuing education credits

### **CERTIFIED ADDICTION COUNSELORS: CADC**

Western Psychiatric Hospital, Office of Educational Resources and Planning is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program. This program is being offered for 2.0 continuing education credits.



### **COUNSELORS: NCC**

Western Psychiatric Hospital is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. UPMC Western Psychiatric Hospital is solely responsible for all aspects of the program. This program is being offered for 2.0 continuing education credits.

National Certified Counselors are required to accrue 100 clock hours of continuing education activities that meet guidelines in each five-year certification period. There is no restriction on the percentage of those hours that may be accrued from distant learning courses.



### **PSYCHOLOGISTS**

UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for 2.0 continuing education credits.

### **LICENSED/CLINICAL SOCIAL WORKERS, LICENSED PROFESSIONAL COUNSELORS, LICENSED MARRIAGE AND FAMILY THERAPISTS: LSW/LCSW/LPC/LMFT**

This program is offered for 2.0 hours of social work continuing education provided through UPMC Western Psychiatric Hospital's Office of Educational Resources and Planning, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Pennsylvania State Board of Social Workers, Marriage and Family Therapist. This program is being offered for 2.0 continuing education credits. These clock hours satisfy requirements for LSW/LCSW, LPC and LMFT renewal. For more information, call (412) 204-9085.

### **MENTAL HEALTH PROFESSIONALS: CEU**

Nurses and other health care professionals are awarded .2 of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.