

- Which of the following statements best defines body image?
 - It is the conscious representation people form of their body.
 - Body image is stored information from past experiences.
 - How a person sees himself in a mirror and how he defines his boundaries form the mental image.
 - It is a complex, interrelated, physiological and psychological process.
- The elusiveness of body image can be seen in researchers' inability to explain:
 - body-image formation
 - growth spurts in children
 - phantom limb pains postamputation
 - its function in adult life
- Obesity research:
 - has not provided clinical applications
 - is all focused on adult women
 - has shown links to body image
 - has not studied obese children
- Guided imagery:
 - is only effective if a person has an accurate body image
 - can be used effectively in weight-management programs
 - is an unproven complementary therapy
 - should be done at least 3 times per week
- Body satisfaction is:
 - increasing in adolescents as a group
 - higher in athletes and dancers
 - not a concern in other cultures
 - negatively correlated with emotional problems
- The most body-dissatisfied group is:
 - middle-age heterosexual women
 - young, homosexual adults
 - adolescent girls
 - middle-age, American men
- Body-image conflict occurs:
 - with every body change
 - when a person cannot accept body change
 - whenever body change involves disfiguration
 - usually in the first month after body change has occurred
- You are caring for a post-MI patient who says, "I will never be the same again. They might as well write me off." The nurse's response should be:
 - Did your doctor recommend you attend a cardiac rehab program?
 - You are a young man; you have a lot to live for.
 - Would you like to learn more about your condition?
 - What does having a heart attack mean to you?
- The primary criticism of the Columbia University study about obese moms and their obese children is:
 - the study should have included adolescents
 - there was homogenous ethnicity
 - the definitions of overweight and obesity were not accurate
 - the long-term effects of obesity for children and adults were not studied

- Negative stereotyping of overweight/obese children is:
 - decreasing
 - increasing at earlier ages than in previous decades
 - the primary risk factor for all eating disorders
 - seen primarily in high socioeconomic populations

Evaluation

- I can define body image and body image conflict.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- I can discuss the research related to body image in obese children and adults.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- I can describe how to include body image assessment as part of the nursing assessment.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- The objectives relate to the overall goal of the article.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- The article is well-written and logically organized, and defines terms adequately.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree

The Body-Image Puzzle

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EVALUATION

- A B C D E
- A B C D E
- A B C D E
- A B C D E
- A B C D E

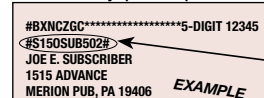
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