1. Which of the following statements best defines body image?
   a. It is the conscious representation people form of their body.
   b. Body image is stored information from past experiences.
   c. How a person sees himself in a mirror and how he defines his boundaries form the mental image.
   d. It is a complex, interrelated, physiological and psychological process.

2. The elusiveness of body image can be seen in researchers’ inability to explain:
   a. body-image formation
   b. growth spurts in children
   c. phantom limb pains postamputation
   d. its function in adult life

3. Obesity research:
   a. has not provided clinical applications
   b. is all focused on adult women
   c. has shown links to body image
   d. is only effective if a person has an eating disorder

4. Guided imagery:
   a. has not provided clinical applications
   b. is all focused on adult women
   c. has shown links to body image
   d. should be done at least 3 times per week

5. Body satisfaction is:
   a. body-image formation
   b. higher in athletes and dancers
   c. is an unproven complementary therapy
   d. its function in adult life

6. The most body-dissatisfied group is:
   a. middle-age heterosexual women
   b. young, homosexual adults
   c. adolescent girls
   d. middle-age, American men

7. Body-image conflict occurs:
   a. with every body change
   b. when a person cannot accept body change
   c. whenever body change involves disfiguration
   d. usually in the first month after body change has occurred

8. 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:
   a. Did your doctor recommend you attend a cardiac rehab program?
   b. You are a young man; you have a lot to live for.
   c. Would you like to learn more about your condition?
   d. What does having a heart attack mean to you?

9. The primary criticism of the Columbia University study about obese moms and their obese children is:
   a. the study should have included adolescents
   b. there was homogenous ethnicity
   c. the definitions of overweight and obesity were not accurate
   d. the long-term effects of obesity for children and adults were not studied

10. Negative stereotyping of overweight/obese children is:
    a. decreasing
    b. increasing at earlier ages than in previous decades
    c. the primary risk factor for all eating disorders
    d. seen primarily in low socioeconomic populations

### Evaluation

1. I can define body image and body image conflict.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can discuss the research related to body image in obese children and adults.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can describe how to include body image assessment as part of the nursing assessment.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

### The Body-Image Puzzle

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2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D

**EVALUATION**

1. A B C D E
2. A B C D E
3. A B C D E
4. A B C D E
5. A B C D E

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**PRACTICE SETTING**

*that best describes your setting (fill in just one circle completely)*

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