Assignment 8
The due date for submitting this assignment has passed.

As per our records you have not submitted this assignment.

Due on 2021-04-14, 23:39 IST.

1) According to Girod, Minael can use:
   - Routes our desire in objects
   - Routes our desire in ourselves
   - Routes our desire in a third party
   - Routes our desire in a culture and potential pressure
   - No, the answer is incorrect. Score: 0
   - Accepted Answers:
     - Routes our desire in a third party
   - 1 point

2) A person who purges themselves of whatever harm they consume is suffering from:
   - Bulimia Nervosa
   - Binge Eating Disorder
   - Anorexia Nervosa
   - Restrictive Food Intake Disorder
   - No, the answer is incorrect. Score: 0
   - Accepted Answers:
     - Bulimia Nervosa
   - 1 point

3) Body image dissatisfaction will NOT likely to cause:
   - Dieting behavior
   - Insomnia
   - Depression
   - Eating disorder
   - No, the answer is incorrect. Score: 0
   - Accepted Answers:
     - Depression
   - 1 point

4) Which of the is the most threatening risk of having negative body image?
   - Unhealthy self-habits
   - Low self-esteem
   - Insomnia
   - Dieting and overexercising
   - No, the answer is incorrect. Score: 0
   - Accepted Answers:
     - Dieting and overexercising
   - 1 point

5) Which of this is not a contributor to negative body image?
   - Poor pressure
   - Parental pressure
   - Yoga and exercise sessions in school
   - Social and other media
   - No, the answer is incorrect. Score: 0
   - Accepted Answers:
     - Social and other media
   - 1 point

6) A person has a tendency to survive on coffee, chocolates and chips before the exam night, without proper compensatory behavior. He/she is likely suffering from:
   - Unplanned Eating Disorder
   - Restrictive Food Intake Disorder
   - Binge Eating Disorder
   - Body Dysmorphic Disorder
   - No, the answer is incorrect. Score: 0
   - Accepted Answers:
     - Binge Eating Disorder
   - 1 point

7) A person has a tendency of photo-editing his/her image before uploading on social media. He/she is also planning to opt for a plastic surgery. It is likely suffering from:
   - Body Image Distortion
   - Body Dysmorphic Disorder
   - Post Traumatic Stress Disorder
   - It is impossible to do so. Not a disorder
   - No, the answer is incorrect. Score: 0
   - Accepted Answers:
     - Post Traumatic Stress Disorder
   - 1 point

8) When a child is facing hormone related physical change and being overweight. How can his/her parents ensure a healthy coping mechanism?
   - Encourage him/her in the exercise or dance class
   - Change the school and hope this is not repeated in the next school
   - Ignore the child for not exercising enough or not participating in sports
   - Engage the child in a dialogue and educate him/her about physical and mental health
   - No, the answer is incorrect. Score: 0
   - Accepted Answers:
     - Engage the child in a dialogue and educate him/her about physical and mental health
   - 1 point

9) If seeking a social media influencer or celebrity who has the perfect body makes you jealous. What would be a healthy coping mechanism?
   - Message them to find out their diet/exercise plan
   - Understand that social media involves filters, photo editing and deception
   - Visit the doctor that they endorse in their last video
   - Block every person/sociality with the bad body type
   - No, the answer is incorrect. Score: 0
   - Accepted Answers:
     - Understand that social media involves filters, photo editing and deception
   - 1 point

10) Marky McConnell’s “Instructions for the body” involves us to:
    - Treat your body as a gift and embrace it
    - Despite your body and shrug it
    - Make your body and harness it
    - Feel guilty about your body and forget it
    - No, the answer is incorrect. Score: 0
    - Accepted Answers:
      - Treat your body as a gift and embrace it
    - 1 point

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