Q1.

Which of the following is the **best** example of a cognitive distortion in anorexia nervosa?

A Believing that dieting allows you to be in control.

B Believing that you are bigger than you really are.

C Thinking that being thin will make you happy.

D Thinking that people will like you more if you are thinner.

(Total 1 mark)

Q2.

Which of the following **best** describes enmeshment in family systems theory?

A Where an individual member is uncomfortable because they feel pressured by other members of the family.

B Where an individual member of the family feels extremely attached to other members of the family.

C Where an individual member of the family is overanxious about their family responsibilities.

D Where an individual member of the family lacks a sense of individuality and personal identity.

(Total 1 mark)

Q3.

Outline **one** limitation of neural explanations for anorexia nervosa.

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(Total 2 marks)

Q4.

Zack has been diagnosed with an eating disorder. His parents tell him constantly how much they care about him and how they will always be together. Zack rarely goes out, except for going to school, and his mother watches him very closely. The family have a strict routine which Zack resents, but he does not complain or argue. Zack sometimes wishes he could have fun like other boys at school.

Discuss family systems theory as an explanation for anorexia nervosa. Refer to Zack in your answer.

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(Total 16 marks)

Q5.

Elliot is very underweight but believes that he is fatter than actors on TV. He thinks a lot about his looks, often checking himself in the mirror. At mealtimes he likes arranging and counting pieces of food on his plate. Elliot's mother once had eating problems. She is extremely anxious about him. She watches him constantly and is always telling him what to do. His doctor has prescribed medication which seems to help with Elliot's condition.

Discuss **one or more** explanations for anorexia nervosa. Refer to Elliot in your answer.

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(Total 16 marks)

Q6.

What terms are used by family systems theorists to describe **A** and **B** below?

A   Being free to decide how to behave, and feeling in control of one's own life.

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B   When a family is over-protective and distinctions between family members are blurred.

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(Total 2 marks)

Q7.

Evaluate **one** psychological explanation for anorexia nervosa.

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(Total 6 marks)