Teacher Answer Key

Case Study

1. She was influenced by fitness influencers promoting drastic diets, fueling her insecurity.

2. Counseling, limiting exposure to extreme diet influencers, and replacing strict dieting with healthier stress management and self-acceptance led to her recovery.

Multiple Choice

1. C

2. B

3. C

Matching

1-B, 2-E, 3-A, 4-C, 5-D

Fill-in-the-Blank

1) Negative body image, 2) Bulimia Nervosa, 3) Cognitive-Behavioral Therapy

Short Answer (Sample Responses)

Q1: Early intervention reduces health risks and improves the chances of successful recovery by addressing emotional and physical concerns promptly.

Q2: They can offer empathy, avoid body-shaming language, and encourage professional or peer support groups.

Q3: Such activities help channel emotions positively, reduce stress, and shift the focus away from appearance-related anxieties.