



Associate Final Exam Study Guide

The following study guide is designed for those who are working towards the Associate-iaedp Institute of Eating Disorders (Associate, IIED) designation. Upon completion of the four iaedp Core Courses, the applicant is ready to register for and complete the Associate Final Exam. The test questions have been created from the content presented in each of the four core course webinars, and all questions are either multiple choice or true/false. A three (3) hour time limit is given once the exam is activated, and the applicant will receive a randomized 100 questions, requiring a passing score of 75% correct. The Associate examination fee of \$25 allows for two attempts to pass the exam without additional payment.

Be familiar with and knowledgeable of the following:

ASSESSMENT:

- A. General diagnostic criteria from the DSM 5 for:
 - a. Anorexia
 - b. Bulimia
 - c. Binge eating disorder
 - d. Feeding disorders
- B. Commonly co-occurring co-morbidities
- C. Common risk factors for development of an eating disorder
- D. Specific components of anorexia
 - a. Common physical traits linked to anorexia
 - b. Common vitamin deficiencies linked to anorexia
 - c. Common lab/medical tests for anorexia
 - d. Refeeding guidelines for anorexia
- E. Specific components of bulimia
 - a. Common electrolyte deficiencies linked to bulimia
 - b. Oral complications associated with bulimia
 - c. Common lab/medical tests for bulimia
 - d. Goals for cessation of purging if laxative use vs. vomiting
- F. Specific components of binge eating disorder
 - a. Environmental risk factors
 - b. Common medications used in treatment
- G. Specific causes of childhood malnutrition/feeding disorders

TREATMENT:

- A. Ethical principles of the American Psychiatric Association upon which treatment for eating disorders is based
- B. Screening questionnaires and testing

- C. Roles of each member of the multi-disciplinary team
- D. Differences in the Expressive Therapies
 - a. Art therapy
 - b. Dance/movement therapy
 - c. Drama therapy
 - d. Music therapy
 - e. Equine therapy
- E. Definition of different therapeutic modalities
 - a. Family based treatment (FBT or Maudsley)
 - b. Cognitive behavioral therapy (CBT)
 - c. Dialectical behavioral therapy (DBT)
 - d. Psychotherapy
 - e. Intense family systems therapy
 - f. Eye movement desensitization reprogramming (EMDR)
- F. Goals of nutrition therapy and assessment
 - a. APA recommendation for inpatient program weight gain goals
 - b. Physical and emotional effects of dieting
 - c. Weight at which highest risk of relapse for anorexia occurs
- G. Definition and strategies of mindful eating
- H. Definition of body mass index (BMI) and if appropriate for eating disorders

RECOVERY:

- A. Limitations for effective treatment
- B. Rate of recovery for anorexia vs. bulimia
- C. Definition of recovery