



Certification Exam Study Guide

The iaedp Certification Program, established in 2002 to promote excellence in competency assessment for professionals in the eating disorders field, offers a rigorous set of criteria for the evaluation of education, training, knowledge and experience. One of the criteria is a passing score on the Certification Final Exam, which means answering 70% or more of the total 170 randomized questions correctly. All questions are either multiple choice or true/false, and a 3 hour time limit is given once the exam is activated. The examination fee of \$75 allows for two attempts to pass the exam without additional payment.

In addition to the Core Course Reading List, found at www.iaedp.com under Certification, which highlights two required textbooks for each of the four core courses and lists specific topics from which core course and final exam questions are derived, the following study guide has been created to help you prepare for the final Certification Exam. The test questions have been created by your professional peers from each discipline involved in the treatment of eating disorders, so be encouraged that the questions are designed to evaluate your knowledge of the diagnosis, treatment and prevention of eating disorders by clinicians like yourself. The test questions are straightforward and cover the foundational knowledge necessary to practice effectively in the field of eating disorders; therefore, use of this study guide will prepare you to pass the exam upon first attempt.

Be familiar with and knowledgeable of the following:

- A. Diagnostic criteria from the DSM 5
 - a. General diagnostic criteria for Anorexia, Bulimia, Binge Eating Disorder and Feeding Disorders
 - b. Most common co-morbidities in patients with eating disorders
 - c. Personality disorders most common in patients with eating disorders
- B. Screening Questionnaires and Testing
- C. Medical issues specific to each eating disorder diagnosis
 - a. Common lab and exam findings specific to anorexia nervosa
 - b. Oral complications specific to bulimia nervosa
 - i. Definition of sialadenosis
 - ii. Prevention of enamel erosion
 - c. Hormonal testing
 - i. General tests for all eating disorders
 - ii. Specific tests for anorexia and bulimia
 - d. Electrolyte changes resulting from purging behaviors
 - i. Sodium and pH levels
 - ii. Metabolic balance
 - e. Medical consequences of and tests for laxative abuse
 - f. Osteoporosis risk factors and treatment

- g. Neurotransmitter systems which regulate feeding behavior and weight control
 - h. Medication use in eating disorders
 - i. Comparison of effectiveness of medications depending on type of eating disorder
 - ii. Purposes of pharmacologic therapy in obesity
 - i. Medical consequences of prolonged fasting, or “starvation syndrome”
- D. Ethical Standards/ APA Guidelines
- a. Boundary lines between client and caregiver
 - b. Professional standards involving therapist/clinician and patient
 - c. Referral guidelines when dealing with issues outside of one’s own discipline
 - d. Countertransference issues between client and caregiver
 - e. Sample scenarios for which appropriate action must be determined
 - f. Scope of practice for therapists vs RDs, including similarities and differences
 - g. Appropriate use of self-disclosure
- E. Diagnostic interview with new clients/patients
- a. Eating Disorder Inventory and subscales
 - b. Advantages and disadvantages of self-reporting when collecting data
 - c. Specific eating disorder(s) in which self-help is or is not beneficial
- F. Special populations and eating disorders (EDs)
- a. Males and eating disorders
 - i. Differences and similarities between male and female patients
 - ii. Specific characteristics and behaviors in male patients with EDs
 - b. Pregnancy and weight changes in eating disorders
 - c. Athletes and eating disorders
 - i. Primary concerns and focus when working with team athletes
 - ii. Exercise guidelines during treatment and recovery
- G. Treatment Modalities used by the treatment team
- a. Definition of and most appropriate use of treatment modalities
 - i. Dialectical Behavior Therapy (DBT)
 - ii. Cognitive Behavioral Therapy (CBT)
 - 1. CBT-E (Enhanced CBT)
 - 2. CBT-Ef (Solution-focused CBT)
 - iii. Interpersonal Psychotherapy (IPT)
 - iv. Integrative Cognitive-Affective Therapy (ICAT)
 - v. Acceptance Commitment Therapy (ACT)
 - vi. Exposure with Response Prevention Therapy

- vii. Family Based Treatment (FBT) or Maudsley
 1. Appropriate use for which eating disorder
 2. Delineation of roles for therapist/family/RD
 - viii. Group Parent Training (GPT) within Carer Distress Model
 - ix. Specific phases of nutrition therapy
- H. Refeeding Concerns and Strategies
- a. Nutrition strategies for gastrointestinal complications during refeeding
 - b. Refeeding syndrome complications and guidelines
 - c. Relationship between weight gain and resolution of psychological issues
- I. Recovery Goals
- a. Indicators of recovery to include both physical, mental, emotional and social
 - b. Rationale for adding or restoring exercise during recovery
 - c. Advantages and disadvantages of inpatient versus outpatient treatment
 - d. Goals of relapse prevention
- J. Nutrition-specific Topics
- a. Consequences of dieting
 - b. Definition of set point theory
 - c. Use of treatment modalities (CBT, DBT, ACT, FBT, mindfulness, etc) in nutrition therapy
 - d. Reasons for weight fluctuations in patients with eating disorders
 - e. Differences in biologically appropriate weight (BAW) versus ideal body weight (IBW) or body mass index (BMI)
 - f. Metabolic changes resulting from anorexia
 - g. Physical and nutrition recommendations for refeeding
 - h. Relationship of portion sizes to human eating behavior
 - i. Different types of vegetarianism
 - j. Protocol of and rationale for Rule of Three (RO3) menu planning
 - k. Contrast in intuitive versus mindful eating
 - l. Stages of intuitive eating
- K. Creative Arts and Expressive Therapy Modalities
- a. Definition and goals of Dance/Movement Therapy
 - b. Definition and goals of Art Therapy
 - c. Definition and goals of Music Therapy
 - d. Definition and goals of Drama Therapy