

Eating Disorders Scenario

Read the following scenario and answer the response questions below.

Three friends, Jessica, Maria, and Joe have been friends since they were in elementary school. Maria and Jessica have been on a girl's basketball team together for two years. Jessica is one of the best players on the team. Maria and Joe have noticed that Jessica seems to have lost a lot of weight over a short period of time, rarely eats, seems to look in the mirror a lot, and seems worried or preoccupied with how she looks. She seems to get tired easily, both on and off the basketball court. At first, they didn't think it was such a big deal, but now they are starting to worry about her. Today, like many days before they invited her to come with them to a restaurant after practice. Jessica used to love doing this, but lately she has been turning them down on their offer saying she needs to work out longer. Maria has also noticed that Jessica seems to be making a lot of comments about being too fat, ugly, and saying that she wishes she was thinner.

Response Questions:

1. List 5 symptoms/signs Jessica is showing that she may have an eating disorder? (5 pt.)
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____

2. If Jessica has an eating disorder, which one is she most likely be experiencing? Who would be the only person that could formally diagnose this? (2 pt.)

3. If you were either Maria or Joe, what could you do to help Jessica? What steps could you take? (5 pt.)
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____