Module 1: Knowledge Check

What is Weight Stigma?

1. Research evidence indicates that weight stigma can contribute to the following psychological consequences, EXCEPT for which?
   
   A. Depressive symptoms
   B. Post-traumatic stress
   C. Substance use
   D. Suicidal ideation

2. Which of the following can contribute to poor health?
   
   A. Experiencing weight stigma in an interpersonal interaction
   B. Being exposed to weight stigma in the media
   C. Internalizing weight stigma
   D. All of the above

3. According to longitudinal evidence, weight stigma predicts which of the following outcomes over time?
   
   A. Type 2 diabetes
   B. Weight gain
   C. Hypertension
   D. Substance use

Answers: B, D, B