

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