

**INSTRUCTIONS:** You must download and save this interactive PDF locally before you fill it out. Re-open the saved version using Acrobat Reader and add your comments.

### Unit 10: Understanding eating disorders

## Activity 1: Case Study

In response to the case study, answer the following questions:

Write your ideas below.

1. What factors led to Laura developing an eating disorder?

2. Think about the ways Laura hid her behaviours from others. Do you think it is easy to hide an eating disorder?

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3. Why do you think Laura continued with her dieting regime, even when she was clearly in a lot of discomfort?