

Certified Intuitive Eating Counselor Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. Which one is the best coping mechanism for times when feelings of being overwhelmed and anxious threaten to trigger overeating?**
 - A. Pick just one task to do in the moment**
 - B. Find a helpful distraction to take your mind off of the situation**
 - C. Nurture yourself by imagining a location where you have felt completely calm**
 - D. Take a time out to tune your feelings of anxiety**
- 2. What is a common characteristic of chronic dieters?**
 - A. Focus on intuitive eating**
 - B. Conscious consumption of all food types**
 - C. Preoccupation with dieting and body weight**
 - D. Emphasis on balance and moderation in diet**
- 3. What should therapists avoid doing during family meals to support intuitive eating?**
 - A. Interrogating the teen**
 - B. Encouraging social media discussions**
 - C. Providing dessert options**
 - D. Asking about food preferences**
- 4. What is a function of the left brain?**
 - A. 3D forms**
 - B. Intuition**
 - C. Creativity**
 - D. Language**
- 5. What food-related factors highly influence sensory-specific satiety?**
 - A. Water and fiber content**
 - B. Amount of protein and fat**
 - C. Type and amount of carbohydrate**
 - D. Flavor, texture, and aroma**

- 6. Which mindset can perpetuate the cycle of last supper eating?**
- A. Optimism about future eating habits**
 - B. Belief in the ability to control cravings**
 - C. Feeling of lasting deprivation from certain foods**
 - D. Commitment to healthy eating**
- 7. Running two miles uses the amount of carbohydrates found in how many slices of bread?**
- A. One**
 - B. Two**
 - C. Three**
 - D. Four**
- 8. Which practice helps to develop interoceptive awareness through hunger cues?**
- A. Hunger scan**
 - B. Food journaling**
 - C. Calorie counting**
 - D. Meal prepping**
- 9. During the refeeding period of the Minnesota starvation experiment, how long did it take the men to normalize their eating habits on average?**
- A. Two months**
 - B. Three months**
 - C. Four months**
 - D. Five months**
- 10. Which theory of motivation basically says that people will repeat activities that feel good?**
- A. Two factor theory**
 - B. Expectancy theory**
 - C. Hedonic theory**
 - D. Reinforcement theory**

Answers

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1. C
2. C
3. A
4. D
5. D
6. C
7. C
8. A
9. D
10. D

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Explanations

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1. Which one is the best coping mechanism for times when feelings of being overwhelmed and anxious threaten to trigger overeating?

A. Pick just one task to do in the moment

B. Find a helpful distraction to take your mind off of the situation

C. Nurture yourself by imagining a location where you have felt completely calm

D. Take a time out to tune your feelings of anxiety

Choosing to nurture oneself by imagining a location where one feels completely calm is a highly effective coping mechanism during overwhelming and anxious moments. This strategy leverages the power of visualization and positive mental imagery. By creating a mental sanctuary, individuals can tap into a sense of safety and tranquility, which can significantly alleviate anxiety. This practice not only distracts from the overwhelming feelings but also fosters a deeper connection with one's emotional needs and encourages self-soothing. Imagining a calming place can stimulate relaxation responses in the body and mind, potentially reducing the urge to turn to food as a means of coping. The mental shift from stress to a peaceful scenario is beneficial in breaking the cycle of anxiety that may lead to emotional eating. The other options, while having their benefits, focus on different approaches that might not address the emotional needs as directly or effectively. For instance, picking just one task may help with managing to-do lists but might not adequately resonate with deeper feelings of anxiety. Finding a distraction, while helpful in the moment, may not provide long-term relief or address the underlying emotions. Taking a timeout to tune into feelings can be beneficial for self-awareness but may not provide a nurturing and comforting technique to directly counteract feelings of being overwhelmed. Overall, nurturing oneself through visualization

2. What is a common characteristic of chronic dieters?

A. Focus on intuitive eating

B. Conscious consumption of all food types

C. Preoccupation with dieting and body weight

D. Emphasis on balance and moderation in diet

The choice highlighting the preoccupation with dieting and body weight accurately reflects a common characteristic of chronic dieters. Often, individuals who engage in chronic dieting are consumed by thoughts related to their weight, body image, and the need to follow diet plans or restrictions. This mindset results in a cycle of weight fluctuation and emotional distress, where the individual might continuously strive for their ideal body, fixating on food rules and body size over their overall health and well-being. In contrast, the other options illustrate different approaches to eating that do not align with the behavior patterns of chronic dieters. Focusing on intuitive eating promotes listening to one's body's hunger and fullness cues rather than adhering to strict rules. Similarly, conscious consumption and an emphasis on balance and moderation in diet advocate for a more flexible and less stressful relationship with food, which is contrary to the restrictive and often obsessive behaviors of chronic dieters.

3. What should therapists avoid doing during family meals to support intuitive eating?

- A. Interrogating the teen**
- B. Encouraging social media discussions**
- C. Providing dessert options**
- D. Asking about food preferences**

During family meals aimed at supporting intuitive eating, it is essential for therapists to create a positive and non-threatening atmosphere that encourages mindful eating and open communication. Interrogating a teen would be counterproductive in this setting as it can lead to feelings of anxiety, shame, or defensiveness regarding food choices and eating habits. Instead of fostering a healthy relationship with food, such an approach can create stress and inhibit the principles of intuitive eating, which emphasize listening to one's body and making food choices based on hunger and fullness cues. Encouraging discussion about social media may not directly contribute to the goals of intuitive eating; it can often lead to comparisons and pressures that detract from the focus on personal hunger and satisfaction. Providing dessert options is contrary to the notion of restriction inherent in dieting culture, but it can also promote an unhealthy preoccupation with "good" and "bad" foods if not approached carefully. Asking about food preferences can be part of encouraging autonomy and self-efficacy in making food choices, which are important aspects of intuitive eating. Therefore, avoiding interrogation creates a supportive environment conducive to building a positive relationship with food.

4. What is a function of the left brain?

- A. 3D forms**
- B. Intuition**
- C. Creativity**
- D. Language**

The function of the left brain is primarily associated with language. The left hemisphere of the brain is responsible for verbal communication, including grammar, vocabulary, and sentence structure. It plays a key role in processes such as reading, writing, and speaking. This hemisphere is highly involved in analytical and logical tasks, which often include mathematical reasoning and detail-oriented activities, further supporting its central role in language processing. In contrast, the other options relate to functions that are generally linked to the right hemisphere of the brain. For instance, 3D forms and creativity are often associated with spatial awareness and artistic abilities, which are typically governed by the right side. Intuition is also considered a right-brain function, as it involves holistic processing and insights that don't rely on linear thinking. Understanding the specific roles of each brain hemisphere can enhance knowledge of how cognitive processes are distributed within the brain.

5. What food-related factors highly influence sensory-specific satiety?

- A. Water and fiber content**
- B. Amount of protein and fat**
- C. Type and amount of carbohydrate**
- D. Flavor, texture, and aroma**

Sensory-specific satiety refers to the phenomenon where a person feels full after consuming a particular type of food, leading to a reduced desire for that specific food but often an increased appetite for different foods. Flavor, texture, and aroma are key elements that play a significant role in this process. When an individual consumes a specific food, the unique combination of its flavor, texture, and aroma contributes to a rich sensory experience. As they continue to eat that food, the enjoyment and sensory appeal can diminish, resulting in decreased satisfaction and increased feelings of fullness for that item. However, if a different food with a different flavor, texture, or aroma is presented, it can not only rejuvenate the appetite but also stimulate the desire to eat again. This is why the correct answer highlights the importance of these sensory factors in influencing satiety. The enjoyment derived from the sensory characteristics can significantly impact how much and how long an individual wishes to consume that particular food before they feel satisfied. In contrast, other factors mentioned in the choices, such as water and fiber content or the types and amounts of macronutrients, while relevant to overall dietary intake and satiety, do not specifically address how flavor, texture, and aroma affect sensory-specific satiety as directly as

6. Which mindset can perpetuate the cycle of last supper eating?

- A. Optimism about future eating habits**
- B. Belief in the ability to control cravings**
- C. Feeling of lasting deprivation from certain foods**
- D. Commitment to healthy eating**

The mindset that can perpetuate the cycle of last supper eating is rooted in a feeling of lasting deprivation from certain foods. When individuals believe that they will be deprived of specific foods in the future, they may engage in "last supper" eating, where they overindulge in those foods before they enter a period of restriction. This behavior arises from the fear of missing out on enjoyment or satisfaction, leading them to consume excessive amounts in one sitting. This cycle can create a pattern of bingeing followed by attempts to restrict intake, which can be detrimental to one's relationship with food. A mentality that fosters the idea of scarcity or deprivation can contribute to disordered eating behaviors, illustrating the importance of recognizing and addressing feelings of deprivation in the journey toward intuitive eating and a healthier relationship with food. The other mindsets listed, such as optimism about future eating habits or a belief in the ability to control cravings, generally imply a healthier outlook on food relationships and are less likely to contribute to the cycle of bingeing followed by restriction.

7. Running two miles uses the amount of carbohydrates found in how many slices of bread?

- A. One**
- B. Two**
- C. Three**
- D. Four**

The correct answer is based on understanding the energy requirements for physical activities, particularly running, and the nutritional content of carbohydrates in food like bread. When running two miles, a person typically expends a significant amount of energy, which primarily comes from carbohydrates stored in the body. On average, a slice of bread contains approximately 15 grams of carbohydrates. Running two miles can deplete the body's carbohydrate stores significantly, depending on various factors such as the individual's weight, pace, and overall metabolism. These carbohydrates are crucial for providing the energy needed during the run. For a two-mile run, research suggests that the energy expenditure could range around 200 calories or more. Since each gram of carbohydrates provides about 4 calories, running two miles can use roughly 50 grams of carbohydrates. Therefore, when dividing 50 grams by the 15 grams found in a slice of bread, it becomes clear that about three slices of bread would provide a similar amount of carbohydrates. This illustrates the importance of understanding how energy requirements during exercise relate to food intake, particularly carbohydrates, to fuel physical activity efficiently.

8. Which practice helps to develop interoceptive awareness through hunger cues?

- A. Hunger scan**
- B. Food journaling**
- C. Calorie counting**
- D. Meal prepping**

The practice of a hunger scan is essential for developing interoceptive awareness, which involves recognizing and interpreting internal body signals, particularly those related to hunger and fullness. A hunger scan encourages individuals to tune in to their bodies' natural cues, helping them to identify specific sensations of hunger. This process fosters a direct connection with what the body is experiencing and can empower individuals to respond appropriately to their needs rather than relying on external rules or restrictions. By engaging in a hunger scan, individuals learn to differentiate between various levels of hunger, from physical hunger to emotional triggers, thus enhancing their intuitive eating skills. This practice is integral to the concept of intuitive eating, where understanding and responding to one's internal signals takes precedence over external dietary guidelines. In contrast, food journaling primarily focuses on recording what is eaten, while calorie counting emphasizes numerical values, both of which can sometimes detract from listening to bodily cues. Meal prepping involves planning and preparing food in advance and does not specifically address attuning to hunger signals. Therefore, among the given options, a hunger scan clearly stands out as the most effective tool for developing interoceptive awareness through hunger cues.

9. During the refeeding period of the Minnesota starvation experiment, how long did it take the men to normalize their eating habits on average?

- A. Two months**
- B. Three months**
- C. Four months**
- D. Five months**

The Minnesota starvation experiment was a significant study conducted during World War II that focused on the physiological and psychological effects of starvation and subsequent refeeding. After the period of starvation, which lasted approximately six months, the participants underwent a refeeding phase aimed at restoring their weight and normalizing their eating habits. On average, it took the men about five months to return to normalized eating behaviors after the refeeding process began. This duration reflects the complexity of adjusting back to regular food intake after a significant period of deprivation, during which the body and mind had experienced profound changes. Refeeding was not merely about increasing caloric intake; it involved psychological adjustments as well, as the participants had to relearn healthy and balanced eating patterns. The refeeding phase highlighted the challenges individuals face when transitioning from a state of restriction to a state of abundance, and five months is indicative of the time needed for such a transformation to take place effectively. Understanding this timeframe is crucial for those working in nutrition and counseling, especially in practices that emphasize intuitive eating, as it underscores the importance of patience and gradual progress in the rebuilding of healthy eating habits.

10. Which theory of motivation basically says that people will repeat activities that feel good?

- A. Two factor theory**
- B. Expectancy theory**
- C. Hedonic theory**
- D. Reinforcement theory**

The correct answer is rooted in the concept that behaviors are influenced primarily by their consequences. Reinforcement theory posits that when an individual engages in an activity that results in a pleasurable outcome, they are more likely to repeat that activity in the future. This implies a direct correlation between the positive feelings associated with an action and the likelihood of that action being repeated. In this context, the theory aligns closely with the idea that people are motivated to seek out experiences that provide pleasure, thus establishing a cycle of behavior that reinforces certain activities. The emphasis is on the role of outcomes, where a favorable experience serves as a motivator for future behavior. The other theories mention different aspects of motivation, which might include factors such as expectations, emotional states, or needs, but they do not specifically center around the idea of pleasure as the primary motivator for repeating behaviors. Reinforcement theory distinctly captures the essence of motivation through the lens of enjoyable outcomes leading to repeated behavior.