
Module 7, Lesson 4 Quiz:

Psychological Factors in Weight Loss

1. The National Weight Control Registry has studied people who have lost 30 pounds or more and kept it off for 1 year or longer. These participants have a lot of things in common. Which is not one of those things:
 - a. Most walk for exercise every day
 - b. Most weigh themselves regularly
 - c. **Most adjust their diets often**
 - d. Most eat breakfast every day
2. 95% of diets fail. This is mainly because:
 - a. The diets don't work because we haven't figured out weight loss yet
 - b. The diets don't work because people don't know how to follow them
 - c. People lose motivation after a while on the same diet
 - d. **Diets are inherently negative and people focus on the deprivation aspect**
3. Successful weight loss research reveals that people are most successful when they focus primarily on:
 - a. Motivation
 - b. Education
 - c. **Behaviors**
 - d. Willpower
4. Consistency plays a huge role in the psychological aspect of weight loss. What is most true about using consistency in weight loss work?
 - a. It is inflexible but comes with practice
 - b. **It allows for a "most of the time" perspective**
 - c. It is the only thing that works
 - d. If the client goes off track it can only happen on rare occasions