



PRE-OP QUIZ

PRE-OP VIDEO ONE

1. Mind Prep is designed to help prepare you for the _____ aspects related to weight loss surgery.
 - a. medical
 - b. non-medical
 - c. financial
 - d. physical

2. The person considering weight loss surgery needs to ask themselves: What are my _____?
 - a. goals for weight loss surgery
 - b. reasons for waiting so long to do this
 - c. go-to foods that I won't give up
 - d. walls that I am not willing to tear down

3. "People make _____ they are not prepared to keep."
 - a. resolutions
 - b. promises
 - c. friends
 - d. goals

4. "Promises are no substitute for _____."
 - a. apologies
 - b. effort
 - c. absence
 - d. preparation

5. "Saying 'I DO' makes you _____. Being accountable for something you're not prepared or able to do... it makes you _____."
 - a. accountable; confused
 - b. prepared; confused
 - c. prepared; miserable
 - d. accountable; miserable

6. "Your ability to _____ to do something does not override your ability to _____ with something."
 - a. promise; end
 - b. commit; end
 - c. commit; follow through
 - d. promise; follow through

7. “A lack of preparation cannot be trumped by _____.”
 - a. a positive attitude
 - b. a promise
 - c. a support group
 - d. will
8. If you return to your “old habits” of eating unhealthy foods and not exercising, you will _____ – even though you have had weight loss surgery.
 - a. regain your weight
 - b. get diabetes
 - c. have high blood pressure
 - d. feel nauseous
9. Weight loss surgery is a _____ that will _____.
 - a. fix; keep your weight down
 - b. tool; keep your weight down
 - c. tool; help you get quick results
 - d. fix; help you get quick results
10. The first step in becoming truly PREPARED to be a successful post-op is to _____ the things that are required to lose the excess weight and to maintain that weight loss. A commitment requires more than _____. A commitment requires _____.
 - a. learn; a promise; action
 - b. learn; words; a support system
 - c. make a commitment to doing; a promise; a support system
 - d. make a commitment to doing; words; action

PRE-OP VIDEO TWO

11. Many factors are responsible for obesity. Obesity is _____. Some of the causes of obesity are things you cannot do anything about; other causes of obesity you can do something about. It’s important to know you have influence over certain causes of obesity because _____ of the most important aspects of maintaining your weight loss.
 - a. a complicated disease; it puts you in charge
 - b. 100% preventable; it puts you in charge
 - c. 100% preventable; it makes you aware
 - d. a complicated disease; it makes you aware
12. The environment and culture in which you were raised impacts _____ and _____ you eat.
 - a. your eating habits (how you eat); how much fruit
 - b. your favorite restaurants; how much fruit
 - c. your favorite restaurants; the types of food (what)
 - d. your eating habits (how you eat); the types of food (what)

13. Acceptance is the first step in change. Work toward accepting the fact that _____ and _____, your behavior and every choice you make.
- you are in charge of; responsible for
 - other people are in charge of; are responsible for
 - other people are in charge of; you need help with
 - you are in charge of; you need help with
14. Some things you can do to influence your metabolism and burn more calories include: _____.
- eat small, frequent meals
 - drink ice water
 - do aerobic exercise and weight train
 - all of the above
15. The one cause of obesity that is completely within your control is _____.
- your genetics
 - the amount of sleep you get
 - metabolism
 - illness and medications
16. In order for YOU to be prepared to follow-through with healthy behaviors to keep excess weight off, you have to do two things. One is _____.
- ask people to change their eating habits around you
 - change your metabolism
 - admit to the things you have been doing that caused your obesity
 - sleep more
17. The other thing you have to do in order to be prepared to follow through with healthy behaviors to keep weight off is _____.
- eat all the “bad” foods before surgery
 - tell someone else your plans
 - exercise daily
 - recognize the things over which you don’t have control
18. Surgery is only going to prevent you from eating as much food at one time as you were able to in the past. You still have to _____ and you still have to _____.
- look to other people to tell you what to eat; sleep well
 - choose what to put into your mouth; sleep well
 - choose what you put into your mouth; exercise
 - look to other people to tell you what to eat; exercise

19. Weight loss surgery is a TOOL designed to help you lose the weight quickly and to prevent you from overeating in a single sitting. Too many calories, especially in combination with a lack of exercise, will _____.
- make your stomach go back to normal size
 - eventually equal weight gain
 - not change a thing
 - make you feel more full

PRE-OP VIDEO THREE

20. People have _____ relationship with food.
- an emotional
 - a physical
 - no
 - a love/hate
21. It's not enough to identify healthy alternatives to eating. You have to _____ and _____ them!
- compromise; do
 - follow through; do
 - follow through; deal with
 - compromise; deal with
22. If you eat when you're bored, begin to recognize this pattern. A great way to learn what your patterns are is to _____.
- keep an exercise journal
 - try to remember how you felt the last time you ate the same food
 - keep a food journal in which you write down how you feel when you're eating
 - try to notice when you're eating
23. _____ is one of the most important ingredients of a successful, PREPARED pre-op and post-op life!
- Effort
 - Weight
 - Time
 - Money
24. I suggest that people preparing to have weight loss surgery have a _____ talk with food, which stands for _____.
- DTR; Determine The Relationship
 - DTR; Define The Relationship
 - CTR; Correct The Relationship
 - CTR; Change The Relationship

25. A food funeral is _____ some food that is no longer optional for you.
- when you burn
 - when you hide
 - when you permanently say good-bye to
 - when you eat for the last time
26. Many people _____ food to “make them feel better.”
- expect
 - are dependent upon
 - choose
 - experiment with
27. People experience _____ as they get ready for weight loss surgery, and afterwards as well.
- anger
 - many emotions
 - joy
 - anxiety
28. For a great many people, not recognizing, acknowledging, or talking about their feelings _____.
- led to overeating and contributed to their obesity
 - helped them deal with their issues
 - helped with their relationships
 - made them more comfortable

PRE-OP VIDEO FOUR

29. If you are on a psychotropic medication (in other words, medications for depression, anxiety, bipolar disorder, schizophrenia, etc.) you are _____.
- not able to have surgery
 - required to get off of the medications before you have surgery
 - not automatically disqualified from having surgery
 - not ready for surgery
30. While it’s true that surgery will almost certainly result in rapid reduction of weight, surgery itself _____.
- keeps it off for you, too
 - does nothing to deal with mental health or emotional issues
 - is enough to make you feel successful
 - takes away your insecurities

31. Addressing emotional and mental health issues, both pre- AND post operatively, CAN mean the difference between _____ or _____ following surgery.
- maintaining weight loss; weight yo-yo-ing
 - breaking down mentally; weight yo-yo-ing
 - breaking down mentally; experiencing weight regain
 - maintaining weight loss; experiencing weight regain
32. If you verbally berate yourself, or use comments like “I can’t” then it will be _____ after the surgery.
- incredibly difficult to keep your weight off
 - easy to keep your weight off
 - the same for you before and
 - better
33. Self-efficacy is _____.
- the same as self-esteem
 - a realistic respect for or favorable impression of oneself
 - a person’s belief in their ability to do something
 - a person’s self-doubt.
34. Regardless of the cause or intention, if your self-esteem has been damaged - if your cup has been spilled - then you _____ .
- need to talk about it
 - are a failure
 - have issues
 - have a strained relationship with your parents
35. If food is the primary relationship in your life, it may be _____.
- keeping you from making friends
 - time to change
 - a way to avoid other issues in your life
 - a problem

PRE-OP VIDEO FIVE

36. If behavior modification were all it takes to lose weight, then many _____ once and for all.
- people would exercise
 - people would eat less
 - people would lose weight
 - people would be happy

37. When you've gone on diets in the past, if you followed behavior modifications (such as significantly reducing your caloric intake or exercising on a regular basis) then it's highly likely you lost weight. It's when people _____ that they regain weight.
- eat more often
 - revert to poor behaviors
 - eat less fruit
 - get older
38. Changing your self-talk may be _____ you can do to keep your weight off.
- an inconsequential thing
 - a less-important thing
 - the last thing
 - the most important thing
39. In losing weight and sustaining that weight loss, you must be direct and honest with yourself, do NOT permit _____.
- lies
 - cheating
 - excuses
 - changes
40. No excuses. Exercising is a(n) _____.
- Gotta Do 'Em
 - hard thing to do
 - substitute for eating right
 - option
41. Regarding liquids, ask your surgeon about how long to wait _____.
- before drinking alcohol after surgery
 - to drink anything both before and after meals
 - before drinking milk with meals
 - before drinking other liquids with meals
42. Keeping a food journal can help you _____ follow through with healthy behaviors.
- exercise and
 - promise to
 - enjoy meals and
 - strengthen your motivation to
43. When you have positive thoughts and feel positive, then you are more likely to _____!
- smile
 - have self-doubt
 - encourage others
 - continue to engage in positive behaviors

44. I've said it before and I'll say it again: Weight loss – _____.
- a. it's easy if you try
 - b. is necessary to be happy
 - c. no one can do it for you, but you can't do it alone
 - d. can only be done if you eat protein first thing in the morning