

Certified Bariatric Counselor Practice Test Questions and Answers

1. What is the primary role of a bariatric counselor?

- A) Perform surgical procedures
- B) Provide psychological and behavioral support for weight management
- C) Prescribe medications
- D) Design exercise equipment

2. Which psychological assessment is important before bariatric surgery?

- A) IQ testing
- B) Mental health evaluation and readiness assessment
- C) Personality typing
- D) Career aptitude testing

3. What eating behavior modification technique is commonly used in bariatric counseling?

- A) Fasting protocols
- B) Mindful eating and portion control strategies
- C) Elimination diets
- D) Liquid-only diets

4. How should bariatric counselors address emotional eating patterns?

- A) Ignore emotional triggers
- B) Help identify triggers and develop healthy coping mechanisms
- C) Focus only on calorie counting
- D) Recommend avoiding all emotions

Answers: 1-B 2-B 3-B 4-B

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