### HOW TO EARN YOUR CEUs

1. Register with the www.nnia.org website.
2. Log in.
3. Click on “My CPD”.
4. Click on “Current Activity”.
5. Please note that the CPD questionnaire will only be live for 30 days. NNIA will send a notification e-mail to all registered.
6. Click on the relevant CPD article title to download the article and questionnaire or use the printed copy in your SAJCN.
7. Only online questionnaires will be accepted.
8. Please select the most correct statement from the list below about the correlation between the attractiveness rankings and waist:hip ratio (WHR) of the images:
   - a. There was a significant negative correlation between the attractiveness rankings of men and WHR of the images.
   - b. There was no significant correlation between the attractiveness rankings of men and WHR of the images.
   - c. There was a significant positive correlation between the attractiveness rankings of men and WHR of the images.

### Regression lines to show the relationships between the attractiveness rankings given by the study participants:

<table>
<thead>
<tr>
<th>Study Participants</th>
<th>Correlation Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Only groups with BMI below 25 kg/m²</td>
<td>Images with a higher % body fat.</td>
</tr>
<tr>
<td>Only groups with BMI above 25 kg/m² generally gave higher rankings to leaner images and lower rankings to images with a higher % body fat.</td>
<td></td>
</tr>
<tr>
<td>Both groups with BMI below or above 25 kg/m² generally gave higher rankings to leaner images and lower rankings to images with a higher % body fat.</td>
<td></td>
</tr>
</tbody>
</table>

### Regression lines to show the relationships between the attractiveness rankings and the socio-demographic characteristics of the study participants:

<table>
<thead>
<tr>
<th>Study Participants</th>
<th>Correlation Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>No agreement in attractiveness scores given to different body sizes between Botswana women and men.</td>
<td>Images with a WHR of around 0.75 was rated most attractive.</td>
</tr>
<tr>
<td>There was a general agreement in attractiveness scores given to different body sizes between Botswana women and men.</td>
<td>Images with a WHR of around 0.90 was rated most attractive.</td>
</tr>
<tr>
<td>There was no agreement in attractiveness scores given to different body sizes between Botswana women and men.</td>
<td>Images with a WHR &gt; 1 was rated most attractive.</td>
</tr>
</tbody>
</table>

### Regression lines to show the relationships between the attractiveness rankings given by the study participants:

<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>Total group of women gave lower rankings to leaner images and gave lower rankings to images with a higher % body fat.</td>
<td></td>
</tr>
<tr>
<td>Total group of women gave lower rankings to leaner images and gave higher rankings to images with a higher % body fat.</td>
<td></td>
</tr>
<tr>
<td>Only young men gave higher rankings to leaner images and gave lower rankings to images with a higher % body fat.</td>
<td></td>
</tr>
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### Regression lines to show the relationships between the attractiveness rankings given by the study participants:

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<td>No significant difference between men and women in attractiveness rankings of men and women.</td>
<td>All women in this study were from a rural village.</td>
</tr>
<tr>
<td>No significant difference between men and women.</td>
<td>Some participants were from urban areas.</td>
</tr>
<tr>
<td>No significant difference between men and women.</td>
<td>All participants had a high level of education.</td>
</tr>
</tbody>
</table>

### Perceptions about HIV/AIDS and Physical Attractiveness

1. The results of the same multi-country study suggested that carrying larger fat stores could be equated to:
   - a. Good health and fertility in non-famine conditions.
   - b. Poor health and lower fertility in famine conditions.
   - c. Good health and fertility in famine conditions.

2. Previous studies in South Africa showed that black women had a higher preference for:
   - a. A bigger female body size than their white counterparts in studies including a majority of urban participants.
   - b. A bigger female body size than their white counterparts in studies including a majority of rural participants.
   - c. A smaller body size than their white counterparts in studies including a majority of participants with a high education level.

3. If you agree with the following statements, please check ‘yes’.

   - a. All participants were from a rural village.
   - b. All participants were from urban areas.
   - c. All participants had a high level of education.

4. Please select the most correct statement from the list below about weight and body image as elements in the conception of physical attractiveness:
   - a. Weight and body image are elements in the conception of physical attractiveness for many cultures, but each differs in their preferences.
   - b. Weight and body image are elements in the conception of physical attractiveness for many cultures, but each differs in their preferences.
   - c. Weight and body image are elements in the conception of physical attractiveness for many cultures, but each differs in their preferences.

5. The role of waist to hip ratio (WHR) has been widely studied in relation to physical attractiveness. Select the WHR that was rated most attractive:
   - a. Images with a WHR of around 0.75 was rated most attractive.
   - b. Images with a WHR > 1 was rated most attractive.
   - c. Images with a WHR of around 0.90 was rated most attractive.

### Perceptions about Physical Attractiveness

1. Select the most correct statement from the list below:
   - a. Evidence suggests that perceptions about body image are associated with body size to a greater extent in men than in women.
   - b. Evidence suggests that perceptions about body image are associated with waist:hip ratio to a greater extent than with general obesity.
   - c. Evidence suggests that perceptions about body image are associated with body size to a greater extent in women than in men.

2. The perceptions of physical attractiveness of the female body size in Botswana were:
   - a. Similar among men and women.
   - b. Older men rate an image with a higher percentage body fat as more attractive.
   - c. Women with tertiary education rated an image with a higher percentage body fat as more attractive.

3. Regression lines to show the relationships between the attractiveness rankings given by the study participants revealed the following:
   - a. The total group of men gave higher rankings to leaner images and gave lower rankings to images with a higher percentage body fat.
   - b. The total group of women gave lower rankings to leaner images and gave higher rankings to images with a higher percentage body fat.
   - c. Only young men gave higher rankings to leaner images and gave lower rankings to images with a higher percentage body fat.

4. Please select the most correct statement from the list below about weight and body image as elements in the conception of physical attractiveness:
   - a. Body size is not important in the conception of physical attractiveness for most cultures.
   - b. Body size is important in the conception of physical attractiveness for most cultures.
   - c. Body size is important in the conception of physical attractiveness for most cultures.

5. Regression lines to show the relationships between the attractiveness rankings and the socio-demographic characteristics of the study participants:
   - a. There was no agreement in attractiveness scores given to different body sizes between Botswana women and men. Due to differences in their anthropometric characteristics.
   - b. There was a significant negative correlation between the attractiveness rankings and WHR of the images.
   - c. There was no significant correlation between the attractiveness rankings and WHR of the images.

6. Regression lines to show the relationships between the attractiveness rankings and the anthropometric characteristics of the study participants:
   - a. Images with a WHR of around 0.75 was rated most attractive.
   - b. Images with a WHR of around 0.90 was rated most attractive.
   - c. Images with a WHR of around 0.75 was rated most attractive.

7. Regression lines to show the relationships between the attractiveness rankings and the socio-demographic characteristics of the study participants:
   - a. Regression lines to show the relationships between the attractiveness rankings given by the study participants revealed the following:
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