

Eating Disorder Self-Test

The following questionnaire will help you to decide whether you should consider seeking help for an eating disorder.

Directions: Answer the questions below honestly. Respond as you are now, not as the way you used to be or the way you would like to be. Write the number of your answer in the space to the left. Do not leave any questions blank unless instructed to do so.

- _____ 1. I have eating habits that differ from those of my family and friends.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 2. I find myself panicking if I cannot exercise as I planned, because I am afraid that I will gain weight if I don't.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 3. My friends tell me that I am thin, but I don't believe them because I feel fat.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 4. (Females Only) My menstrual period has stopped or become irregular due to no known medical reasons.
| 1 = True | 2 = False |
- _____ 5. I have become obsessed with food to the point that I cannot go through a day without worrying about what I will or will not eat.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 6. I have lost more than 15% of what is considered to be a healthy weight for my height (e.g., female, 5'4" tall loses 20 pounds when a healthy weight is approximately 122 pounds).
| 1 = True | 2 = False |
- _____ 7. I would panic if I got on the scale tomorrow and found that I had gained two pounds.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 8. I find that I prefer to eat alone or when I am sure that no one will see me, and thus make excuses so that I can eat less and less often with friends or family.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 9. I find myself going on uncontrollable eating binges during which I consume large amounts of food to the point that I feel sick and make myself vomit.
| 1 = Never | 2 = Less than 1 time/week | 3 = 1-6 times/week | 4 = 1 or more times/day |
- _____ 10. (NOTE: Answer only if your answer to #9 is "1;" otherwise leave blank.) I find myself compulsively eating more than I want to while feeling out of control and/or unaware of what I am doing.
| 1 = Never | 2 = Less than 1 time/week | 3 = 1-6 times/week | 4 = 1 or more times/day |
- _____ 11. I use laxatives or diuretics as a means of weight control.
| 1 = Never | 2 = Less than 1 time/week | 3 = 1-6 times/week | 4 = 1 or more times/day |
- _____ 12. I find myself playing games with food (e.g. cutting it up in tiny pieces, hiding food so people will think I ate it, chewing it and spitting it out without swallowing it, keeping hidden stashes of food) and/or I have determined that there are "safe" foods that are okay for me to eat and "bad" foods that are not.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 13. People around me have become very interested in what I eat and I find myself getting angry at them for pushing me to eat more.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 14. I have felt more depressed and irritable recently than is typical for me and/or have been spending an increasing amount of time alone.
| 1 = True | 2 = False |

- _____ 15. I keep a lot of my fears about food and eating to myself because I am afraid no one would understand.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 16. I enjoy making gourmet and/or high calorie foods for others as long as I don't have to eat any myself.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 17. The most powerful fear in my life is the fear of gaining weight or becoming fat.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 18. I exercise a lot (more than 4 times per week and/or more than 4 hours per week) as a means of weight control.
| 1 = True | 2 = False |
- _____ 19. I find myself totally absorbed when reading books or magazines about dieting, exercising, fitness, or calorie counting to the point that I can spend hours studying them.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 20. I tend to be a perfectionist and am not satisfied with myself unless I do things perfectly.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 21. I go through long periods of time without eating (fasting) or eating very little as a means of weight control
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |
- _____ 22. It is important for me to try to be thinner than all my friends.
| 1 = Often | 2 = Sometimes | 3 = Rarely | 4 = Never |

Scoring:

Step 1: Add your responses together, and then write the total here: _____...this is your score. **Step 2:** Compare your score with the table below:

38 or less	Strong tendencies toward anorexia nervosa.
39-50	Strong tendencies toward bulimia nervosa.
50-60	Weight conscious. May or may not have tendencies toward an eating disorder. Not likely to have anorexia or bulimia nervosa. May have tendencies toward compulsive overeating, obesity, or binge-eating disorder.
Over 60	Extremely unlikely to have anorexia nervosa or bulimia nervosa. However, scoring over 60 does not rule out tendencies toward compulsive eating, binge eating disorder, or obesity.

If you scored below 50, it would be prudent for you to seek more information about anorexia nervosa and bulimia nervosa and contact a counselor in the WSC Counseling Center in order to find out if you have an eating disorder. If you do, talk with your counselor about what kind of assistance would be best for you.

If you scored between 50 and 60, it would be a good idea for you to talk to a counselor in the WSC Counseling Center in order to find out if you have an eating disorder and, if you do, how to get some help.

If you scored over 60, but have questions and concerns about the way you eat and/or your weight, it would be a good idea for you to talk to a counselor in the WSC Counseling Center in order to determine if you have an eating disorder and, if you do, how to get some help.

NOTE: Eating disorders are potentially life-threatening disorders which can be overcome with the proper information, support, and counseling. The earlier you seek help, the better! It is never too late to begin the road to recovery...

The WSC Counseling Center is located in the Student Center, Room 103. Please make an appointment by calling (402) 375-7321.

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Reiff, D. W. & Lampson Rieff, K. K. (1997). *Eating Disorders: Nutrition Therapy in the Recovery Process* (2nd ed.). Mercer Island, WA: Life Enterprises.