



Red Willow

COUNSELING & RECOVERY

Anorexia Test: Am I Anorexic?

If you are wondering "Am I anorexic?" this anorexia nervosa test will help you determine whether you may need professional attention for an eating disorder. Answer the questions honestly, not the way you'd like to be or the way you used to be. Think about your daily life, answering "**yes**" or "**no**" to the following:

1. Do family members or friends comment about your weight loss or express their concern that you might be too thin? Do you continue to feel fat or overweight even though others say you are too thin?
2. Have friends or family members commented that you eat very little? Do you feel angry when others show an interest in what you've eaten or pressure you to consume more food?
3. Have you been told by a medical professional that you should gain weight?
4. Is it important to you that you are thinner than all of your friends? Do you feel a competitive or perfectionist urge to lose weight?
5. Are your eating habits different from those of your family and friends? Do you have secretive eating habits? For example, do you prefer to eat by yourself, where you feel that no one will see you eating? Cut your food into tiny pieces so that it looks like you've eaten more or hide food so that others will think you've eaten it?
6. Do you make excuses to avoid eating? For example, do you say that you already ate, that you already feel full, or you're not feeling well, in order to avoid feeling pressured by your friends and family to eat?
7. Looking at your body in the mirror, can you notice hip bones or individual ribs sticking out?
8. Do you regularly find yourself fatigued or unable to concentrate?
9. Does the idea of eating fill you with anxiety? Do you often think about food throughout the day, or worry about what you will eat or will not eat? Has thinking about food and weight loss begun to consume your life?

10. Do you find it difficult to eat three complete meals (consisting of normal 6-8 ounce servings of meat, vegetables, and grains) each day? Do you feel guilty when you eat three full meals in a day?
11. Do you avoid eating a full meal, or go through long periods of time without eating (known as fasting), as a way to control your weight?
12. Do you exercise more than an hour per day, 3-4 days per week, in order to control your weight? Do you think about the calories being burned while you work out? Do you become anxious if you miss a workout, or work out excessively the next chance you get to make up for it?
13. Have you used diuretics or laxatives as a way to avoid weight gain?
14. Would you panic if you stepped on the scale and found out that you had gained weight? Do you have an overwhelming fear of gaining weight?
15. Do you avoid talking to others about food, eating habits, or weight loss because you are afraid that no one will understand or share your feelings?

Scoring

If you answered **"yes"** to **four or more questions** on this anorexia test, schedule an appointment with your doctor, and ask a trusted family member or friend to help you monitor your eating habits.

If you answered **"yes"** to **six or more questions** should go to the doctor for a complete examination in order to rule out an eating disorder. The doctor may ask you questions similar to those on this anorexia test, or conduct medical testing to determine whether you may have an eating disorder.

Source: www.healthyplace.com