



Red Willow

COUNSELING & RECOVERY

Binge Eating Disorder Test - Do I Have Binge Eating Disorder?

This binge eating disorder test will help you determine if you binge eat and whether you should seek help for binge eating disorder. For this binge eating quiz, think about your daily life and answer **"yes"** or **"no"** to the following questions:

- Do you feel out of control when you're eating?
- Do you think about food all the time?
- Do you eat when you're not hungry?
- Do you hide or stockpile food?
- Do you eat in secret?
- Do you eat until you feel sick?
- Do you eat when you are stressed or worried or eat to comfort yourself?
- Do you feel disgusted, ashamed or depressed after eating?
- Do you feel powerless to stop eating, even though you want to?
- Do you feel numb when overeating, like you're not really there?
- Do you always feel dissatisfied no matter how much you eat?
- Do you overeat at least once a week?
- Are you overweight or obese?

Scoring

If you answered **"yes" to four or more** of the above binge eating quiz questions, you should make an appointment with a doctor or therapist to discuss your eating behaviors and the results of this binge eating quiz. Ask a friend or family member to help you keep track of your eating habits.

If you answered **"yes" to six or more** questions in this binge eating test, immediately request an appointment with a doctor or therapist to rule out an eating disorder. Share the results of this binge eating disorder test with your health care professional.

Source: www.healthyplace.com