



Eating Disorder Quiz

Honestly answer each of the questions in the following eating disorders quiz. Use the eating disorder quiz assessment at the bottom of the eating disorder quiz to evaluate your risk for an eating disorder.

Do you worry about gaining weight?	Constantly	Often	Rarely (a normal amount)
Are you inexplicably fatigued or cold in temperature?	Constantly	Often	Rarely (a normal amount)
Do you avoid foods because of the fat, carbohydrate, or sugar content in them?	Constantly	Often	Rarely (a normal amount)
Are you secretive or do you lie about your eating practices, do you think they are abnormal?	Yes	Maybe	No
How often do you think about wanting to be thinner?	Constantly	Often	Rarely (a normal amount)
Do you find you seek approval from people, and/or have a hard time saying "no" and/or a perfectionist, or an overachiever?	Yes	Maybe	No
Do you feel guilty after eating?	Constantly	Often	Rarely (a normal amount)
Do you feel that food controls your life?	Yes	Maybe	No
Do you think you are not good enough, stupid, and/or worthless or people are always judging you in a negative way?	Constantly	Often	Rarely (a normal amount)
Do you think life would be better and/or people would like you more if you were thin/thinner?	Yes	Maybe	No
Do you eat, self-starve, restrict, binge, purge, and/or compulsively exercise when you are feeling lonely, badly, or when you are feeling emotional pressures?	Constantly	Often	Rarely (a normal amount)
While eating, self-starving, binging and/or purging do you feel comforted, relieved, like emotional pressures have been lifted, or like you are in more control?	Yes	Maybe	No

Do you feel guilty following a binge and/or purge episode, after eating or during and/or after periods of restriction/self-starvation?	Yes	Maybe	No
When eating do you ever feel out of control or like you will lose control; do you try to avoid eating because of this fear?	Constantly	Often	Rarely (a normal amount)
Do you find that you bruise easily, have a very high tolerance for pain, and/or you are extremely noise sensitive?	Yes	Maybe	No
Do you spend a lot of time obsessively cooking for others, reading recipes, and/or studying nutritional information on food?	Yes	Maybe	No
Do you use self-injury (cutting yourself, burning yourself, pulling out your own hair) as a way to cope with things?	Yes	Maybe	No
Would you worry about a friend or family member that came to you with similar weight-loss/coping methods?	Yes	Maybe	No

Eating Disorder Quiz: Assessment

Each of these eating disorder quiz questions can indicate an eating disorder if answered "yes" or "constantly." If you answered "yes" or "constantly" to two or more questions, you should be screened by a doctor. Print and take this quiz, along with your answers, and discuss the outcome with your health professional.

Answering more than three questions with "maybe" or "often" should also be discussed with a health professional. Those answers indicate you may have an eating disorder or be at risk for developing an eating disorder.

Source: www.healthyplace.com