**Eating Disorder Questionnaire**

The following questionnaire will give you an indication of whether or not you are living a lifestyle that indicates anorexic and/or bulimic tendencies. Answer the following questions honestly. Write the number of your answers in the space at the left.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| \_\_\_\_ | 1. | I have eating habits that are different 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 had planned for fear of gaining weight. | | | | | | |
|  |  | 1 | – Often | 2 | – Sometimes |  | 3 – Rarely | 4 – Never |
| \_\_\_\_ | 3. | My friends tell me 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 ceased 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 percent of the normal weight for my height (e.g. 30 lbs., from | | | | | | |
|  | 120 lbs.) | |  |  |  |  |  |  |
|  |  | 1 | – True | 2 | – False |  |  |  |
| \_\_\_\_ | 7. | I would panic if I got on the scale tomorrow and found out 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 no one will see me; thus, I am making | | | | | | |
|  | excuses so I can eat less and less with friends. | | | | | |  |  |
|  |  | 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 | – 3 or more times per day | | |  | 2 – 1 to 2 times per day | |
|  |  | 3 | – 1 to 2 times per week | | | 4 – Rarely | | 5 – Never |
| \_\_\_\_ | 10. I use laxatives as a means of weight control. | | | | | | |  |
|  |  | 1 | – Almost always 2 – Sometimes | | | | 3 – Rarely | 4 – Never |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| \_\_\_\_ | 11. | I find myself playing games with food (e.g. cutting it up into pieces, hiding food so | | | |
|  | people will think I ate it, chewing it and spitting it out without swallowing) telling myself | | | | |
|  | certain foods are bad. | |  |  |  |
|  | 1 – Often | | 2 – Sometimes | 3 – Rarely | 4 – Never |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | |  | |  | |
| 12. | People around me have become very interested in what I eat and I find myself getting | | | | | | | |
| angry at them for pushing food on me. | | | | |  | |  | |
|  | 1 | – Often | 2 – Sometimes | | 3 – Rarely | | 4 – Never | |
| 13. | I have felt more depressed and irritable recently than I used to and/or have been | | | | | | | |
| spending increasing amounts of time alone. | | | | | |  | |  | |
|  | 1 | – True | 2 – False | |  | |  | |
| 14. | 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 | |
| 15. | I enjoy making gourmet, high-calorie meals or treats for others as long as I don’t have | | | | | | | |
| to eat any myself. | | |  |  |  | |  | |
|  | 1 | – Often | 2 – Sometimes | | 3 – Rarely | | 4 – Never | |
| 16. | The most powerful fear in my life is the fear of gaining weight or becoming fat. | | | | | | | |
|  | 1 | – Often | 2 – Sometimes | | 3 – Rarely | | 4 – Never | |
| 17. | I find myself totally absorbed when reading books about dieting, exercising, and | | | | | | | |
| calorie counting to the point that I spend hours studying them. | | | | | | | | |
|  | 1 | – Often | 2 – Sometimes | | 3 – Rarely | | 4 – Never | |
| 18. | I tend to be a perfectionist and am not satisfied with myself unless I do things | | | | | | | |
| perfectly. | | |  |  |  | |  | |
|  | 1 | – Almost always | | 2 – Sometimes | 3 – Rarely | | 4 – Never | |
| 19. | I go through long periods of time without eating anything (fasting) as a means of | | | | | | | |
| weight control. | | |  |  |  | |  | |
|  | 1 | – Often | 2 – Sometimes | | 3 – Rarely | | 4 – Never | |
| 20. | It is important to me to try and be thinner than all of my friends. | | | | | | | |
|  | 1 | – Almost always | | 2 – Sometimes | 3 – Rarely | | 4 – Never | |

|  |  |
| --- | --- |
| Add your scores together and compare with the table below: | \_\_\_\_\_\_\_\_\_\_ my score |

Under 30 Strong tendencies toward anorexia nervosa

30 – 45 Strong tendencies toward bulimia

45 – 55 Weight conscious, not necessarily with anorexic or bulimic tendencies

Over 55 No need for concern

If you scored below 45, it would be wise for you to seek out help or assistance