

DISORDERED EATING QUIZ

Do I have a problem with my body?

True **False**

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely talk negatively about my body. |
| <input type="checkbox"/> | <input type="checkbox"/> | I do not weigh myself more than once a week. |
| <input type="checkbox"/> | <input type="checkbox"/> | If appearance did not matter in our society, I would still exercise the same amount I do now. |
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely compare my looks or body to others. |
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely feel guilty or anxious after eating a high fat food. |
| <input type="checkbox"/> | <input type="checkbox"/> | I can accept a compliment about my appearance. |
| <input type="checkbox"/> | <input type="checkbox"/> | If I had to do things that were unhealthy (fasting, taking laxatives, throwing up) in order to change my weight, I would choose not to do those things. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel happy or content, for the most part, with my life at this time. |
| <input type="checkbox"/> | <input type="checkbox"/> | I wouldn't panic if I gained a few pounds. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am satisfied with my current body shape and size. |

True

- 8-10** You seem satisfied with your body. Be a role model for others.
- 4-7** You may be a little too self-critical. Get more information by setting an appointment with the Personal Mental Health Counselor, 740-364-9578, Warner Center 226.
- 0-3** We encourage you to work toward a more positive body image. Arrange for an appointment with the Personal Mental Health Counselor, 740-364-9578, Warner Center 226.

Do I have a problem with food?

True **False**

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I am truthful about what I eat. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel in control of myself if I restrict the amount of calories, food and/or fat I eat. |
| <input type="checkbox"/> | <input type="checkbox"/> | I spend a lot of time worrying about food and fat. |
| <input type="checkbox"/> | <input type="checkbox"/> | I often feel anxious or guilty after I eat a food that is high in fat. |
| <input type="checkbox"/> | <input type="checkbox"/> | I go on eating binges and don't stop eating until I feel sick. |
| <input type="checkbox"/> | <input type="checkbox"/> | I would rather die than be fat. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel fat even though people tell me that I'm thin. |
| <input type="checkbox"/> | <input type="checkbox"/> | I believe that being in control of my food shows others that I am in control of my life. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have a secret stash of food. |
| <input type="checkbox"/> | <input type="checkbox"/> | If I eat something "bad," I compensate by trying to exercise the calories away. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have taken laxatives or forced myself to vomit after eating. |
| <input type="checkbox"/> | <input type="checkbox"/> | I won't admit it to anyone, but sometimes I think that my eating or exercising is not normal. |

True

- 1-3** You have some preoccupation with food and eating. Get more information about healthy eating and weight change. The Personal Mental Health Counselor's office, 740-366-9464, in WC 226 is a good place to start.
- 4-6** There is reason for concern. Check with your Personal Mental Health Counselor at 740-366-9464 or visit her in WC 226 and share your situation. Recommendations will be given.
- Over 6** You are greatly jeopardizing your physical and/or psychological health. Qualified, compassionate help is available. Call your Personal Mental Health Counselor at 740-366-9464, WC 226 as soon as possible. For a medical evaluation, contact your family doctor or Health Care Center.