

## 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.