



Disordered Eating Self-Test

Disordered Eating is not always manifested as an obvious issue. This self-evaluation is to help determine if Disordered Eating is prevalent in your life. Disordered Eating appears through a variety of symptoms. This test is not designed to diagnose an eating disorder or to take the place of a professional diagnosis or consultation. If the results indicate abnormal eating habits, please connect with your Core Group leader or a Chi Alpha staff member. If your results are urgent, please contact a doctor and/or a counselor.

Mark the following items True or False as accurately, honestly, and completely as possible:

- | | | |
|---|---|---|
| T | F | Even though people tell me I'm thin, I feel fat. |
| T | F | I get anxious if I can't exercise. |
| T | F | I worry about what I will eat. |
| T | F | If I gain weight, I get anxious and depressed. |
| T | F | I feel guilty when I eat. |
| T | F | I get anxious when people watch me eat. |
| T | F | I would rather not live than be fat. |
| T | F | I avoid eating when I am hungry. |
| T | F | I am aware of the calorie content of foods that I eat. |
| T | F | I would rather eat by myself than with family or friends. |
| T | F | I don't talk much about my fear of being fat because no one understands how I feel. |
| T | F | I have a secret stash of food. |
| T | F | When I eat, I am afraid I won't be able to stop. |
| T | F | I lie about what I eat. |
| T | F | I get anxious when people urge me to eat. |
| T | F | I won't admit it to anyone, but sometimes I think that my eating or exercising is not normal. |



For answers marked True:

- | | |
|-----------|---|
| 1-3 | Some preoccupation with weight and appearance. Reevaluate. Be aware this could become an issue in your life. Make an effort to not lose control. |
| 4-6 | There is a reason for concern. Please check with your doctor and a counselor. |
| 7 or more | Please make an appointment right now with your doctor and a counselor for a thorough evaluation. It is critical you receive help as soon as possible. |

