

## Anorexia Self-Test

Is it possible that I have symptoms of Anorexia?

<u>Question</u>	<u>Yes</u>	<u>No</u>
1. Even though people tell me I'm thin, I feel fat.	_____	_____
2. I get anxious if I can't exercise.	_____	_____
3. [Female] My menstrual periods are irregular or absent.	_____	_____
4. [Male] My sex drive is not as strong as it used to be.	_____	_____
5. I worry about what I will eat.	_____	_____
6. If I gain weight, I get anxious and depressed.	_____	_____
7. I would rather eat by myself than with family or friends.	_____	_____
8. Other people talk about the way I eat.	_____	_____
9. I get anxious when people urge me to eat.	_____	_____
10. I don't talk about my fear of being fat because no one understands.	_____	_____
11. I enjoy cooking for others, but I usually don't eat what I've cooked.	_____	_____
12. I have a secret stash of food.	_____	_____
13. When I eat, I'm afraid I won't be able to stop.	_____	_____
14. I lie about what I eat.	_____	_____
15. I don't like to be bothered or interrupted when I'm eating.	_____	_____
16. If I were thinner, I would like myself better.	_____	_____
17. I like to read recipes, cookbooks, calorie charts, and books about dieting and exercise.	_____	_____
18. I have missed work or school because of my weight or eating habits.	_____	_____
19. I tend to be depressed and irritable.	_____	_____
20. I feel guilty when I eat.	_____	_____
21. I avoid some people because they bug me about the way I eat.	_____	_____
22. When I eat, I feel bloated and fat.	_____	_____
23. My eating habits and fear of food interfere with friendships or romantic relationships.	_____	_____
24. I binge eat.	_____	_____

- 25. I do strange things with my food (cut it into tiny pieces, eat it in special ways, eat it on special dishes with special utensils, make patterns on my plate with it, secretly throw it away, give it to the dog, hide it, spit it out before I swallow, etc.) \_\_\_\_\_
- 26. I get anxious when people watch me eat. \_\_\_\_\_
- 27. I am hardly ever satisfied with myself. \_\_\_\_\_
- 28. I vomit or take laxatives to control my weight. \_\_\_\_\_
- 29. I want to be thinner than my friends. \_\_\_\_\_
- 30. I have said or thought, "I would rather die than be fat." \_\_\_\_\_
- 31. I have stolen food, laxatives, or diet pills from stores or from other people. \_\_\_\_\_
- 32. I have fasted to lose weight. \_\_\_\_\_
- 33. In romantic moments, I cannot let myself go because I am worried about my fat and flab. \_\_\_\_\_
- 34. I have noticed one or more of the following: cold hands and feet, dry skin, thinning hair, fragile nails, swollen glands in my neck, dental cavities, dizziness, weakness, fainting, rapid or irregular heartbeat. \_\_\_\_\_

As strange as it seems in our thin-obsessed society, none of the above behaviors are normal or healthy. The more items you have checked, the more serious your problem may be.

Although this, or no self-test, is conclusive, if you answered YES to any one of these questions, there is a possibility you may be have anorexia and you should contact an iTherapyRX counselor or another health care professional.