

Eating Disorders Self-Assessment

An estimated 0.5 to 3.7 percent of women develop Anorexia during their lifetime. In addition, 1.1 to 4.2 percent of women develop Bulimia. The prevalence of eating disorders among men ranges from 5-35% of the frequency of eating disorders among women. In any six month period, 2-5% of Americans display a binge-eating disorder.

National Institute of National Health

DiETING to a body weight leaner than needed for health is highly promoted by the fashion industry and our culture. Eating disorders often begin with attempts to control weight and then eating behavior gradually moves beyond control and into an eating disorder for some people. This assessment will help you to identify warning signs of eating problems.

Please read each statement carefully. Answer “Yes” if the statement applies to you.

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|--|------------|-----------|
| 1. I carefully limit the kinds and amount of food I eat each day. | Yes | No |
| 2. At times I binge on foods, eating much more than I planned. | Yes | No |
| 3. I sometimes vomit to eliminate foods that I have binge eaten. | Yes | No |
| 4. I engage in frequent and intense physical exercise. | Yes | No |
| 5. I use diuretics and/or laxatives to control my weight. | Yes | No |
| 6. I feel intensely dissatisfied with my body. | Yes | No |
| 7. My weight is at least 15% less than medical charts say that I should weigh. | Yes | No |
| 8. Others are concerned about my weight or eating habits. | Yes | No |
| 9. I feel ashamed about my eating habits and behaviors. | Yes | No |
| 10. For women. I have missed three consecutive menstrual cycles. | Yes | No |

Scoring your self assessment

Total Score _____

Yes = 1
No = 0

Score:

- 0-2 You have only a few symptoms of a potential eating disorder. You may want to read our FAQs about Eating Disorders listed below and/or read one of the recommended books for more information. Your EAP counselor can help to prevent an eating disorder. Call us for more information.
- 3-5 You are experiencing significant symptoms of a potential eating disorder. Your EAP counselor can provide a full assessment and recommend ways to resolve your eating issues.
- 6-10 These scores indicate serious difficulty in maintaining healthful eating behavior. Call your EAP today for assistance. Getting help now can prevent serious medical problems.

Helpful Links:

[National Institute for Mental Health](#)

[National Association for Anorexia and Related Disorders](#)

[National Eating Disorders](#)

Recommended Reading:

Zerbe, Kathryn J. (1995). [The Body Betrayed: Understanding of Women, Eating Disorders and Treatment](#). Gurze Books.

Lock, James & LeGrange, Daniel. (2005). [Help Your Teenager Beat an Eating Disorder](#). Guilford Press.

Chernin, Kim. (1994). [The Hungry Self: Women, Eating and Identity](#). Harper, Collins Publishers.

Andersen, Arnold. (2000). [Making Weight: Healing Men's Conflicts with Food, Weight and Shape](#). Gurze Books.

For Confidential Assistance

800-327-5071

Or contact us online