

SELF-TEST FOR EATING DISORDERS

Many college students experience eating disorders that can severely affect their ability to focus on their academic goals. The following test can help you identify if you have an eating disorder.

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| • Do you want to be slender and lean or “slimmer” than you are now? | Y | N |
| • Do you feel that without dietary controls which require much self-denial and effort that you would become fat? | Y | N |
| • Are you tense and anxious about controlling your eating and weight? | Y | N |
| • Is your self-esteem affected by the extent to which you maintain control over your diet and weight? | Y | N |
| • I usually begin the day vowing to diet. | Y | N |
| • I won't eat unless I exercise. | Y | N |
| • I find parts of my body repulsive. | Y | N |
| • I sometimes use laxatives to control my weight. | Y | N |
| • I don't feel comfortable eating food in front of others. | Y | N |
| • I no longer have a menstrual period. | Y | N |
| • I have an intense fear of losing control. | Y | N |
| • I feel guilty when I eat certain foods. | Y | N |

If you answered yes to any 2 questions you may be at risk for having an eating disorder. You may want to obtain professional help.

For more information see: [When Eating Becomes A Problem: A guide for SBCC students.](#)

Other web links:

www.campusblues.com/ A user friendly site on college student's emotional health

<http://eatingdisorders.about.com/health/eatingdisorders/> Has a lot of information about eating disorders.