

## Eating Disorder Risk Assessment

Could you or someone you know have an eating disorder? Take this risk assessment and find out:

Have you developed fears or beliefs about food you never had before?	Yes	No
Do you think losing weight would make your life better?	Yes	No
Are other people concerned about your weight, eating or exercise habits?	Yes	No
Do you often feel fat?	Yes	No
Have you changed your eating and exercise because you don't like your weight?	Yes	No
Do most other people eat and/or exercise like you?	Yes	No
Are you keeping secrets about how you're eating or trying to lose weight?	Yes	No
Would you eat more than others if you did not control yourself?	Yes	No
Do you weigh yourself more than once per week?	Yes	No
Does controlling your food or weight make you feel good?	Yes	No
Have you ever thought about or actually thrown up after eating?	Yes	No
Does having to eat a normal meal scare you?	Yes	No
Do you define foods in "good" and "bad" categories?	Yes	No
Do you feel you need to get rid of calories after you eat them?	Yes	No
Have you ever eaten a large amount of food and felt out of control?	Yes	No
Would you rather stay home to eat or exercise instead of spending time with friends?	Yes	No
Do you force yourself to starve, exercise or purge when you don't want to?	Yes	No
Have you ever used diet pills or laxatives for weight control or weight loss?	Yes	No
Do you think if you eat more calories the weight will go right to your stomach, butt or thighs?	Yes	No
Would you ever want your best friend to eat like you do?	Yes	No
Do you get angry when others question what or when you're eating?	Yes	No
Can you eat three normal meals a day without feeling anxious, depressed or out of control?	Yes	No
Do you eat lots of food when others are not around?	Yes	No
Would you feel like a failure if you gained weight or couldn't diet?	Yes	No
Has your weight become a central focus in your life?	Yes	No
Do you panic if you can't exercise?	Yes	No
Has your menstrual period changed or stopped?	Yes	No
Are you frequently going on diets but not losing weight?	Yes	No
Have you ever wondered whether you have an eating disorder?	Yes	No

If you answered Yes to five or more questions, you could have anorexia, bulimia or binge eating disorder. It is advisable that you seek treatment from an eating disorders specialist and your family doctor.

Lees Psychological Services offers specialized treatment for eating disorders and can help you with this problem. Eating disorders are serious problems that get worse without treatment, can cause major medical problems and require psychological intervention from experts. The sooner treatment is started in the progression of an eating disorder, the better. We believe patients can fully recover from eating disorders and work from this philosophy in the treatment we provide. Go to [Bios](#) for information on our therapists.