



1. Do you have to do something else (read the paper, watch television) when you eat?
2. Do you eat your meals as fast as you can?
3. Have you declined an invitation because of your diet?
4. Do you feel depressed because of your weight?
5. Do you eat when you are anxious or depressed about something?
6. Do you eat even when you are not hungry?
7. Are you "programmed" to eat at certain occasions (e.g., during TV commercials)?
8. Do you keep on eating when you are full?
9. Do you keep track of the number of fat grams or calories you consume in a day?
10. Are you uncomfortable with your body?
11. Do you skip meals intentionally?
12. Do you eat just to be social?
13. Do you eat when you are bored?
14. Do you skip breakfast?

15. Does your weight fluctuate a lot?

16. Are you always trying to diet?

17. Do you dread mealtimes?

18. Do you eat late at night?

Scoring: Always=0 points

Sometimes=1 point

Never=3 points

45 to 54: You have healthy eating behaviors.

36 to 44: Focus on your healthy behaviors; look for ways to improve your unhealthy eating behaviors.

20 to 35: Be careful that your unhealthy eating behaviors do not become bad habits.

0 to 20: Do a closer analysis of your eating behaviors to avoid the dangers of disordered eating.

Profiles of Disordered Eaters

Various research suggests that anorexics and bulimics share a common profile and compulsive overeaters have their own profile. Do you think these profiles are accurate? Why or why not?

Anorexia and Bulimia

female

white

early to mid teens

controlling or unstable family

studious, perfectionist

Compulsive Overeating

male (slightly more than females)

low socio-economic group

all ages