

Eating Disorder Self Assessment

Choose the response that best fits how you feel. Don't think about your answer for very long, mark your answers quickly and move on. There are no right or wrong answers.

		Strongly Disagree	Moderately Disagree	Neither Agree nor Disagree	Moderately Agree	Strongly Agree
1.	I feel victorious over my hunger when I am able to refuse sweets.	1	2	3	4	5
2.	No matter how much I weigh, fats sweets, breads, and cereals are bad food because they always turn into fat.	1	2	3	4	5
3.	No one likes fat people; therefore, I must remain thin to be liked by others.	1	2	3	4	5
4.	I am proud of myself when I control my urge to eat.	1	2	3	4	5
5.	When I eat desserts, I get fat. Therefore, I must never eat desserts so I won't be fat.	1	2	3	4	5
6.	How much I weigh has little to do with how popular I am.	5	4	3	2	1
7.	If I don't establish a daily routine, everything will be chaotic and I won't accomplish anything.	1	2	3	4	5
8.	My friends will like me regardless of how much I weigh.	5	4	3	2	1
9.	When I am overweight, I am not happy with my appearance. Gaining weight will take away the happiness I have with myself.	1	2	3	4	5
10.	People like you because of your personality, not whether you are overweight or not.	5	4	3	2	1
11.	When I eat something fattening, it doesn't bother me that I have temporarily let myself eat something I'm not supposed to.	5	4	3	2	1
12.	If I eat a sweet, it will be converted instantly to stomach fat.	1	2	3	4	5
13.	If my weight goes up, my self-	1	2	3	4	5

	esteem goes down.					
14.	I can't enjoy anything because it will be taken away.	1	2	3	4	5
		Strongly Disagree	Moderately Disagree	Neither Agree nor Disagree	Moderately Agree	Strongly Agree
15.	It is more important to be a good person than it is to be thin.	5	4	3	2	1
16.	When I see someone who is overweight, I worry that I will be like him/her.	1	2	3	4	5
17.	All members of the opposite sex want a mate who has a perfect, thin body.	1	2	3	4	5
18.	Having a second serving of a high calorie food I really like doesn't make me feel guilty.	5	4	3	2	1
19.	If I can cut out all carbohydrates, I will never be fat.	1	2	3	4	5
20.	When I overeat, it has no effect on whether or not I feel like a strong person.	5	4	3	2	1
21.	Members of the opposite sex are more interested in "who" you are rather than whether or not you are thin.	5	4	3	2	1
22.	If I gain one pound, I'll go on and gain a hundred pounds, so I must keep precise control of my weight, food, and exercise.	1	2	3	4	5
23.	I rarely criticize myself if I have let my weight go up a few pounds.	5	4	3	2	1
24.	I try to attract members of the opposite sex through my personality rather than by being thin.	5	4	3	2	1

Eating Disorder Self Assessment Score

Total Score: Overall Attitude

Add up all the numbers you circled: _____

Weight Regulation Score

Add up the numbers you circled for questions 2__, 5__, 7__, 12__, 14__, 16__, 19__, and 22__

Weight regulation score: _____

Approval Score

Add up the numbers you circled for questions 3__, 6__, 8__, 10__, 15__, 17__, 21__, and 24__

Approval score: _____

Self-Control Score

Add up the numbers you circled for questions 1__, 4__, 9__, 11__, 13__, 18__, 20__, and 23__

Self-Control score: _____

Total Score:

If your score is 75 or higher your beliefs about weight are consistent with the average person that has anorexia.

Weight Regulation:

This scale assesses how much a person may fear gaining weight and how much they engage in behaviors to restrict weight gain.

If you score is 23 or higher your fear of gaining weight and behaviors you engage in to avoid gaining weight are equal or higher to most people with anorexia.

Approval Score:

This scale assesses the amount you feel you need to be thin in order to be socially accepted. If you score 20 or higher your emphasis on being thin order to be socially accepted is equal or higher to most people with anorexia.

Self-Control Score:

This scale assesses how much your control over food influences your self-esteem. If you score 32 or higher your self-esteem as influenced by how much you control your food is equal to or higher than most people with anorexia.