

Monthly Tip

New Eating Disorders Checklist



Links Psychology
Your connection to wellbeing

Is it more than just a Diet?

The most common element surrounding all Eating Disorders is the presence of a low self esteem. Having an Eating Disorder is much more than just being on a diet. An Eating Disorder is an illness that permeates all aspects of each sufferer's life, is caused by a variety of emotional factors and influences, and has profound effects on the people suffering and their loved ones.

Consider completing the following questionnaire if you think you have an Eating Disorder, or if you think you know someone who does. Read the questions carefully and answer honestly.

Section A: Cognitive and Emotional Indicators

1) I'm a perfectionist and I like to be in control.

1 – Not at all true 2 – Somewhat true 3. – Very true

2) No matter what I do, it is never enough.

3) I often seek approval from people.

4) I have a hard time saying "no".

5) I always question my own judgements and scrutinize myself over small faults.

6) I am, stupid, not good enough and worthless.

7) People are always judging me in a negative way.

8) I hide my feelings and opinions from people for fear of being judged negatively.

9) Within my family or circle of friends I am "the strong one" who everyone will come to with problems, and I never seem to talk much about my own.

10) Life would be better and people would like me more if I was thin.

11) I wish I was as "nice looking" or as "thin" as some other people.

12) I feel fat, even though others have told me that you are not.

13) Family members and friends often express concern about my weight-loss/gain, appearance, and/or your eating habits.

14) I often think everyone's problems are more important than my own.

15) I often feel numb or empty inside and feel that my life lacks fulfilment and happiness.

- 16) I feel as though I have a "conscience" or "voice" that tells me negative things about myself.
- 17) I do not deserve to eat or to be happy.
- 18) I believe that I may suffer from Anorexia, Bulimia or Compulsive Overeating, or any combination of the three.
- 19) I suffer from depression, hopelessness, lack of motivation and often find my problems overwhelming and hard to handle.
- 20) I am often suicidal, stressed-out, fatigued.
- 21) I often get one of the following: panic attacks; mood swings; angry outbursts; insomnia.
- 21) I have been diagnosed with one of the following conditions: depression, attentive deficit disorder; bipolar mood disorder; post traumatic stress disorder (PTSD), obsessive compulsive disorder (OCD); dissociative identity disorder, or any other psychological/neurological illness.

Section B: Behavioural Indicators

Purging is defined as any behaviour used to rid the body of food. Included in this is vomiting, taking laxatives or diuretics.

- 18) I often overeat, starve myself, restrict my food in take, binge, purge, or compulsively exercise when I am feeling lonely, bad about myself or under pressure.
- 19) While eating, self-starving, bingeing or purging I feel comforted, relieved, and in more control.
- 20) I feel guilty following a binge or purge episode, after eating or during or after periods of restriction or self-starvation.
- 21) When eating I often feel out of control or like I will lose control and not be able to stop.
- 22) I often feel guilty after a binge, and feel like I have almost instantly gained weight.
- 23) I often use self-starvation, purging, diet pills, laxatives, diuretics, or obsessive exercise as a way to attempt to lose weight.
- 24) I drink a lot of water, tea or coffee, smoke, or take caffeine/diet pills as an attempt to control appetite or feel more energetic
- 25) I use alcohol, drugs, prescription medication or self-hurting behaviour such as cutting to reduce emotional pain.
- 26) I weigh myself daily.

27) I am constantly "on a diet"; counting calories and feel like I have tried every "fad diet" or "lose weight quick" scheme.

28) I often set weight-goals for myself only to find when I reach it that I want to lose more.

29) I hide or steal food, laxatives or diet pills; eat or exercise secretly; avoid eating in public or around others; wear clothes that hide my weight; or make excuses to avoid meals.

30) I am often secretive about my eating practices, as I think they are abnormal.

31) I use self-injury (cutting, burning, pulling out my own hair) as a way to cope with things.

32) I spend a lot of time obsessively cooking for others, reading recipes, or studying the nutritional information on food (calories, fat grams, etc.)

Section C: Physical Indicators

33) I am temperature sensitive (always feel cold or hot), or get tingling in my hands and feet.

34) I bruise easily, have a very high tolerance for pain, or extremely noise sensitive (even only slightly loud noises irritate me).

35) I often feel fatigued.

36) I often suffer heart palpitations; chest pains; fainting spells, blackouts or dizziness; chronic lower back pain, headaches or light-headedness, tingling in my arms or legs, numbness in my face or other parts of my body, joint pain, excitability, mood swings, hyperactivity; low blood pressure or chronically sick with cold or flu symptoms.

37) I suffer some of the following symptoms: disruption in menstrual cycle and/or irregularity, infertility, decreased sex drive, irritability; lack of ability to concentrate, blurred vision; kidney and/or urinary tract infections; sore throats, dental problems; stomach cramping, blood in stools or vomit, diarrhoea, constipation and/or incontinence (loss of bowel control); insomnia, fatigue, and/or anxiety or depression.