



## EATING DISORDER

Do you spend excessive amounts of time *thinking about your weight*, what you have eaten or will eat? Has anyone ever suggested that they are *concerned with your eating behavior*? Are you battling an eating disorder?

### *Take the test.*

The following will help you determine if you are experiencing symptoms of an eating disorder, or body image issues so severe that they are contributing to symptoms of depression or anxiety. Check the boxes that best describe your feelings and/or behaviors, more often than not, over the last few months.

- I fear that I am fat, even when other people try to reassure me that my weight is fine.
- I am preoccupied with thoughts of food, exercise or weight to the extent that a majority of my day is spent thinking about them.
- As I have lost weight, my period has become very irregular, or has ceased altogether.
- If I have eaten too much, I feel compelled to try to get rid of the calories immediately by exercising, restricting calories for the rest of the day, or by purging.
- I take laxatives or diet pills in an attempt to lose weight.
- I have a pattern of eating a large amount of food in a short amount of time in an out-of-control manner.
- Thoughts about my weight and/or how I look often leave me feeling anxious or depressed.
- I have avoided social situations because I do not like how I look.
- I think about dying or killing myself.\*

### Score your results

**\* If you checked this statement**, please seek help immediately, no matter what your other answers are.

**If you checked 3 or more** of these statements, and have felt this way more often than not for several weeks, you should share the results with your physician or with a mental health professional.

**If you checked fewer than 3** statements, but still feel concerned that your ability to function in everyday life is being impaired, you may also want to share the results with a health care provider.

*Eating disorders exist on a continuum, ranging from body dissatisfaction and mild depression to a serious condition that can result in chronic medical problems and even death. Your physician can assess your current physical condition and prescribe medications if needed. A mental health professional can help you address the emotional, relational, and/or environmental components that may be contributing factors.*

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