



EATING ATTITUDES

STUDENT HEALTH & WELLNESS SERVICES

This assessment is a screening test designed to evaluate concerns and attitude common in those with eating disorders. Its purpose is not to diagnose an eating disorder. Diagnosis can only be done in a formal psychological evaluation conducted by a qualified professional. This is educational and will only tell you if you have symptoms that warrant further evaluation.

Please check a response for each of the following statements:

	ALWAYS	USUALLY	OFTEN	SOMETIMES	RARELY	NEVER
I am terrified about being overweight.						
I avoid eating when I'm hungry.						
I find myself preoccupied with food.						
I have gone on eating binges where I feel I may not be able to stop.						
I cut my food into small pieces.						
I am aware of the calorie content of foods I eat.						
I avoid food with a high carbohydrate content(e.g., rice, potatoes, bread).						
I feel that others would prefer I ate more.						
I vomit after I eat.						
I feel extremely guilty after eating.						
I am preoccupied with a desire to be thinner.						
I think about burning up calories when I exercise.						
Other people think/say I'm too thin.						
I am preoccupied with the thought of having fat on my body.						
I take longer than others to eat my meals						
I avoid foods with sugar in them.						
I feel that food controls my life.						
I display self-control around food						
I feel that other people pressure me to eat.						
I give too much time and thought to food.						
I feel uncomfortable after eating sweets.						
I engage in dieting behaviors.						
I eat diet foods.						
I have the impulse to vomit after meals.						
I dislike trying rich foods.						

(Cont. on Back)

SCORING:

Number of responses marked "Always": _____ X 3 = _____

Number of responses marked "Usually": _____ X 2 = _____

Number of responses marked "Often": _____ X 1 = _____

TOTAL: _____

A score greater than 20 may indicate significant eating or weight concerns. A considerable percentage of those who score in this range are at risk for developing eating disorders. It is recommended that those with scores >20 seek consultation from a qualified health professional to determine if these concerns require special assistance.

If your score is low (below 20), you still could have an eating problem, so do not let the results deter you from seeking help if you think that you might need it.

EATING DISORDER:

Generally, eating disorders involve self-critical, negative thoughts and feelings about appearance and food, and include eating behavior that harms normal body composition and functioning. A person with anorexia nervosa typically starves herself/himself to be thin and experiences excessive weight loss. Bulimia nervosa is characterized by binge eating and purging (vomiting). Both disorders may also be characterized by compulsive exercise.

Compulsive overeating is characterized primarily by periods of uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full. While there is no purging, there may be sporadic fasts or repetitive diets and often, feelings of shame or self-hatred after a binge. Body weight may vary from normal to mild, moderate, or severe obesity. Disorders are serious emotional and physical problems that can have life-threatening consequences.

RESOURCES ON CAMPUS:

COUNSELING SERVICES:

Professional staff available include psychologists and licensed clinical social workers. Located in Building 66-116, first floor down the hall on opposite side from the Bronco Bookstore. Call (909) 869-3220 for appointment.

STUDENT HEALTH SERVICES:

Professional staff available include health educators, physicians and a psychiatrist. Located in Building 46 by Lot J. Call (909) 869-4000 for appointment.

SOURCES:

Garner, D.M. (1997). Psycho educational principles in treatment. Handbook of Treatment for Eating Disorders. New York: Guilford Press.

Rev. 11/2018

