

Binge Eating Disorder Quiz

BINGE EATING DISORDER QUIZ

Do you eat unusually large amounts of food when you feel upset, stressed, bored, angry, or lonely?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you eat too much even when you're not hungry?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you feel out of control while you're eating?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you eat alone because you're embarrassed by the way you eat?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you feel disgusted, depressed, or guilty after you eat too much?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you eat fast, even when you're not hungry?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you continue eating even when you're uncomfortably full?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you eat to the point of physical discomfort?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you hide food or eat in secret?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you feel like you can't stop eating once you start?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you have a history of dieting, weight loss, and weight regain?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Are you overweight or obese?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you have a family history of eating disorders?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you avoid social situations because of your eating habits?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you use food to cope with negative emotions?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)

Do you feel like food is controlling your life?

☐ Never (0) ☐ Sometimes (1) ☐ Often (2) ☐ Always (3)