

Orthorexia Test

ORTHOREXIA TEST

Please read each statement carefully and select the response that best reflects your experiences over the past month.

I often spend significant time researching foods' health benefits and nutritional content.

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

I strictly adhere to specific dietary rules or restrictions (e.g., avoiding gluten, dairy, and processed foods) to maintain my health.

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

I experience feelings of guilt or anxiety when I eat foods that I consider unhealthy or deviate from my usual dietary regimen.

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

I avoid social gatherings or events where certain foods are served because they do not align with my dietary preferences or restrictions.

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

I feel a sense of accomplishment or superiority when I stick to my healthy eating plan or follow my dietary rules strictly.

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

I frequently read food labels and nutrition information to ensure that the foods I consume meet my health standards.

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

I experience physical symptoms such as fatigue, digestive issues, or nutrient deficiencies due to my restrictive eating habits.

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

I prioritize the healthfulness of my food choices over the enjoyment of eating or trying new foods.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

Others have expressed concern about my eating habits or dietary restrictions.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

I need to control my foods and the ingredients used in my meals.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

Scoring: Add the points corresponding to your responses for each question (Never = 0, Rarely = 1, Sometimes = 2, Often = 3, Always = 4).

The total score will indicate your tendencies towards orthorexic behaviors: 0-10: Low risk, 11-20: Moderate risk, 21-30: High risk, 31-40: Very high risk

Total Score: _____

Interpretation:

Recommendation: