**EATING DISORDER SELF-ASSESSMENT**

**If you answer “yes” to 1 or more of these statements it may be beneficial for you to schedule an appointment with an OTC and to utilize our community resources that we have included in the links below.**

The following symptoms and behaviors may be common in people experiencing anorexia:

1. Dramatic weight loss
2. Wearing loose, bulky clothes to hide weight loss
3. Preoccupation with food, dieting, [counting calories](https://www.webmd.com/diet/features/dos-donts-counting-calories), etc.(Intense fear of gaining weight)
4. Refusal to eat certain foods, such as carbs or fats
5. Avoiding mealtimes or eating in front of others
6. Preparing elaborate meals for others but refusing to eat them
7. [Exercising](https://www.webmd.com/fitness-exercise/ss/slideshow-7-most-effective-exercises) excessively
8. Making comments about being “fat”
9. Stopping menstruating
10. Complaining about [constipation](https://www.webmd.com/digestive-disorders/digestive-diseases-constipation) or [stomach pain](https://www.webmd.com/pain-management/guide/abdominal-pain-causes-treatments)
11. Denying that extreme thinness is a problem

The following symptoms and behaviors may be common in people experiencing bulimia:

1. Intense fear of gaining weight
2. Evidence of binge eating, including disappearance of large amounts of food in a short time, or finding lots of empty food wrappers or containers
3. Evidence of purging, including trips to the bathroom after meals, sounds or smells of vomiting, or packages of laxatives or diuretics
4. Skipping meals or avoiding eating in front of others, or eating very small portions
5. Exercising excessively
6. Wearing baggy clothes to hide the body
7. Complaining about being “fat”
8. Using gum, mouthwash, or mints excessively
9. Constantly dieting
10. Scarred knuckles from repeatedly inducing vomiting

<https://students.otc.edu/counselingservices/appointment-request/>

<https://students.otc.edu/counselingservices/community-referral-guides/>