

## **Do You Suffer from Anorexia or Bulimia?**

This is a simple screening test for 'Anorexia or Bulimia Eating Disorder'. Read the questions carefully and give an honest yes or no response.

- Have you lost more than 5 kilograms for the last three-month period?
- Do you see yourself as fat or overweight when others say you are too thin?
- Do you sometimes lose control over the quantity of food you eat?
- Do you make yourself sick (urge to vomit) very often because you feel uncomfortably full?
- Would you say that food dominates your life?
- Do you take more than twenty painkillers in a year?

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### **Check Your Results**

**Scoring** : Score 1 point for each yes answer.

**0:** Ideal Scoring! You do not have any eating disorder problems.

**1-2:** You may be experiencing occasionally eating disorder problems. Take the test back in 14 days to see if this was a temporary issue or not.

**3 or more:** There is strong possibility that you have an eating disorder like Anorexia or Bulimia and you are best advised to see a clinical dietitian, your own physician or a counselor as soon as possible.

**Thank you for taking the test**