

Am I Experiencing Anorexia?

Anorexia should only be diagnosed by a mental health professional or a doctor. However, answering the questions below can give you an idea of whether you might find it helpful to have a professional assessment.

Have you recently lost more than one stone (14lb / 6kg) in a three month period?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Would you say that food dominates your life?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you believe you are fat when others say you are too thin?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you worry that you could lose control over how much you eat?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you ever make yourself vomit because you feel uncomfortably full, or are worried about gaining weight?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you limit how much you eat or exclude certain foods to influence your shape or weight?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you felt a strong desire to lose weight?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does your weight, shape, or eating influence how you judge yourself as a person?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you gone for long periods of time without eating anything at all?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Has thinking about food, eating, or calories made it difficult to concentrate on things you are interested in (e.g., work or a conversation)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answered 'yes' to many of these questions, you might be experiencing anorexia. However, it's not always clear whether someone has an eating disorder. If you relate to any of the symptoms described above, it's best to speak to a professional.

Sometimes people worry that their difficulties aren't serious enough, or they feel guilty or ashamed for struggling. It's important to remember that eating disorders can be very serious. If you are at all concerned about your eating or your weight, speak to your family doctor or a mental health professional.