

QUESTIONNAIRE 2.3: HAVE I GOT AN EATING DISORDER?

Only a health professional can diagnose you as having an eating disorder but the key issues are covered in this questionnaire.

(Reproduced with kind permission of Dr Morgan.)

1) Do you make yourself sick because you feel uncomfortably full?

Yes No

2) Do you worry that you have lost control over how much you eat?

Yes No

3) Have you recently lost more than one stone in a three-month period?

Yes No

4) Do you believe yourself to be fat when others say you are too thin?

Yes No

5) Would you say that food dominates your life?

Yes No

If you tick two or more of the 'yes' boxes, you may have an eating disorder and may benefit from being assessed by a health professional.