This quiz is designed to help you identify problematic eating or exercise behavior.

1. I spend a lot of time thinking about eating, weight, and body shape/size.
2. My weight/appearance strongly affects how I feel about myself.
3. I am terrified of being fat.
4. I feel anxious if I can’t check my weight or appearance frequently.
5. I have difficulty being flexible with my eating and/or exercise.
6. I frequently feel upset after eating.
7. I try to compensate for “bad” or excess eating by exercising, fasting, taking laxatives, making myself throw up, or smoking.
8. I eat more or restrict my eating in response to my feelings.
9. I feel anxious if I skip or have to miss planned exercise.
10. I feel the need to exercise even when I’m ill or injured.
11. I am secretive about my eating and/or exercise.
12. I often avoid being with others when food is involved in the activity.
13. I often have difficulty stopping eating until I feel uncomfortably full or sick.
14. I feel out of control over my eating.

If some of these statements are true for you or for your friend, we recommend a professional assessment to help you explore your best course of action. Available resources include:

- support groups
- therapy services
- referral options
- nutrition education and counseling
- medical monitoring
- healthy, balanced eating and exercise information

Currently enrolled UVA students are eligible for confidential services at low or no cost. Visit Nutrition Services to learn more.

Many people at UVA struggle with body image, dieting, and exercise issues. While such difficulties range in seriousness, all can be addressed through a range of support options.

Disordered Eating is characterized by behaviors, attitudes or emotions about food, weight, body shape, and/or exercise that negatively impact daily life. Disordered eating can progress to an Eating Disorder such as anorexia nervosa, bulimia nervosa, or binge eating disorder in which symptoms more seriously impact social, emotional or academic functioning.

Anyone can develop an eating disorder, regardless of gender, age, economic status, or race/ethnicity.

If you or someone you know is struggling with eating difficulties or exercise concerns, it is important to take action. Addressing the issues sooner rather than later offers the best chance for improvement.

Treatment for eating disorders and disordered eating is effective in most cases. At UVA, hundreds of students have received help to improve their relationship with food, exercise, and their bodies.

We are here to support you.