

[Click Here](#)























Based on the work of psychologists Fairburn, Cooper, and O'Connor, this test assesses the signs and symptoms that may indicate the presence of an eating disorder. These signs belong to subscales of restraint, eating concern, weight concern, and shape concern. Early detection of disordered eating is the first step toward getting the appropriate professional help. Do you have an eating disorder? For each of the following items, indicate how strongly it applies to you. The IDRLabs Eating Disorders Test is the property of IDRLabs International. The test is based on the original assessment tool, the Eating Disorders Examination, as produced by psychologists Fairburn, Cooper, and O'Connor in affiliation with Oxford University. This Eating Disorders Test is based on the Eating Disorders Examination Questionnaire, which is arguably the most widely used instrument to assess signs and symptoms of eating disorders. This framework for conceptualizing eating disorders is unique due to its four subscales: Food Restraint, Eating Concern, Body Shape Concern, and Weight Concern. Free online tests such as this one are only preliminary reflections of the psychological concept being measured and cannot provide completely accurate assessments of your personality or components of your psychological state. The present test provides information on eating disorders for educational purposes only and should not be construed as providing health advice, warranties, or professional services of any kind. As the publishers of this free online Eating Disorders Test, which allows you to screen yourself for the signs and symptoms of anorexia, bulimia, and binge-eating disorders, we have strived to make the test as reliable, precise, and comprehensive as possible. Like other online psychological tests found on our site, as well as other professional tests and quizzes found elsewhere, our free online test is subject to statistical controls and validation. The authors of this free online test are certified in the use of numerous psychological tests and have worked professionally with psychometrics, typology, and personality testing. Before taking our free Eating Disorders Test, please remember that while some of the results provided may align with the results of other tests and materials, this test should not be confused with any such official trademarked tests. The results of our free online eating disorders test are provided "as-is" and should not be understood as comparable to professional assessment or recommendations. For more information, please consult our Terms of Service. Eating disorders (EDs) are challenging psychological conditions affecting people of all shapes and sizes. While symptoms vary, many EDs are characterized by distorted body image and unhealthy thoughts about food. Take this test to assess yourself for signs of disordered eating. Psychology Today's online self-tests are intended for informational purposes only and are not diagnostic tools. Psychology Today does not capture or store personally identifiable information, and your identity cannot be determined from your responses. Aggregated self-test responses are stored to improve the tests and provide performance comparisons. Psychology Today uses third party cookies such as Google Analytics to collect visitor data on this page without sharing any personal data, ensuring your identity cannot be determined from your visit. There are no advertising partners included on these self-test pages. If you wish to remove cookies from this site or opt out of data sharing, please click "Do not share or sell my personal information" below. For a reliable medical diagnosis, please consult a professional. This test is for anyone who wants to assess their thoughts and behaviors related to food and weight. This test is designed for adults and is not intended to be diagnostic. If you are concerned about unhealthy eating habits or obsessive thoughts about food and weight, make an appointment with a licensed mental health provider; you can find one in your area on the Psychology Today Therapy Directory. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) Garner, D. et al. The Eating Attitudes Test. Garner, D. Eating Disorder Inventory-3 (EDI-3) Eating disorders are serious mental health conditions characterized by persistent disturbances in eating behaviors that negatively affect physical health, emotional well-being, and social functioning. Recognizing the signs and symptoms is crucial for early intervention and treatment, as these disorders can lead to severe medical complications if left untreated. While each type of eating disorder has unique characteristics, several symptoms are common across most eating disorders, including: Chronic Dieting: Frequent attempts to lose weight despite having a healthy body-mass index. Obsessive Behaviors Around Food: Counting calories, eliminating food groups, or preparing meals in rigid ways. Eating Rituals: Behaviors such as eating alone, cutting food into small pieces, or concealing food. Frequent Weight Fluctuations: Noticeable and frequent changes in body weight. Emotional Symptoms: Depression, lethargy, and obsessive thoughts about food and body image. Behavioral Extremes: Alternating between overeating and fasting. Understanding the main categories of eating disorders can help identify specific symptoms associated with each condition: Binge Eating Disorder: Binge eating disorder is marked by repeated episodes of consuming large quantities of food in a short period, often accompanied by feelings of guilt or embarrassment. Unlike bulimia nervosa, binge eating is not followed by compensatory behaviors like purging or excessive exercise. As a result, individuals with this condition are often at risk for obesity and related health complications. Bulimia Nervosa: Bulimia involves cycles of binge eating followed by compensatory behaviors such as vomiting, laxative use, or excessive exercise. These episodes are often done in secret and lead to feelings of shame and guilt. The constant cycle of overeating and purging can cause severe physical harm, including electrolyte imbalances and gastrointestinal issues. Anorexia Nervosa: Anorexia is characterized by extreme restriction of food intake, often coupled with cleansing rituals like excessive exercise or diuretic use. Individuals with anorexia have an intense fear of weight gain and a distorted body image, which leads to behaviors that can result in severe malnutrition and life-threatening medical conditions. Eating disorders affect the body and mind. Physically, individuals may experience fatigue, dizziness, gastrointestinal distress, and weakened immune systems. Emotionally, they often struggle with low self-esteem, feelings of worthlessness, and difficulty concentrating. Recognizing the signs and symptoms of eating disorders is the first step toward getting help. If you or someone you know is showing these symptoms, seeking professional guidance can prevent long-term complications and promote recovery. Eating disorders are complex mental health conditions that require a thorough and individualized approach to diagnosis and treatment. Early identification and intervention are key to improving outcomes and preventing severe health consequences. This article explores the processes involved in diagnosing and treating eating disorders. A diagnosis of an eating disorder begins with a comprehensive evaluation conducted by a healthcare professional. Key steps include: Clinical Interviews: Assessing eating habits, thoughts about food, weight, and body image, as well as overall emotional health. Physical Examinations: Checking for physical signs of malnutrition or health complications, such as abnormal heart rate, electrolyte imbalances, or digestive issues. Psychological Assessments: Using standardized questionnaires and diagnostic criteria to evaluate disordered eating, or eating patterns and co-occurring mental health conditions. Treating eating disorders typically involves a multidisciplinary team of healthcare professionals, including therapists, nutritionists, and medical doctors. Each treatment plan is tailored to the individual's needs and the specific type of eating disorder. Interventions include: Counseling and Psychotherapy: Therapy is a cornerstone of eating disorder treatment. Common therapeutic approaches include: Cognitive Behavioral Therapy (CBT): Helps individuals identify and change negative thought patterns and behaviors related to food and body image. Dialectical Behavior Therapy (DBT): Focuses on emotional regulation and coping skills to manage stress and triggers. Family-Based Therapy (FBT): Engages family members in the recovery process, particularly for adolescents with eating disorders. Nutrition Counseling: Nutrition counseling helps individuals establish healthier eating patterns and address nutritional deficiencies caused by disordered eating. A registered dietitian works with patients to create balanced meal plans that support physical recovery and long-term health. Supportive Care: In addition to therapy and nutrition counseling, supportive care may include stress management techniques, group therapy, or involvement in support groups. These resources provide individuals with a sense of community and shared experience, which can be vital for sustained recovery. While eating disorders are challenging to overcome, effective treatment is available. With a personalized and holistic approach, individuals can achieve recovery and regain a healthy relationship with food and their bodies. If you or someone you know may have an eating disorder, seeking professional help is a critical step toward healing. Eating disorders are serious conditions that can have devastating effects on physical and emotional health. Recognizing when to seek help is crucial for preventing long-term complications and starting the path to recovery. This article outlines the key indicators that it may be time to reach out for professional support. If you or someone you know is experiencing the following symptoms, it's important to consult a healthcare professional: Chronic dieting or preoccupation with weight and body image Frequent episodes of binge eating or purging Unexplained weight changes or fluctuations Physical symptoms such as dizziness, fatigue, or gastrointestinal distress Obsessive thoughts or rigid behaviors related to food and eating Social withdrawal or avoiding meals with others Untreated eating disorders can lead to severe medical complications, including malnutrition, heart problems, and bone loss. Additionally, individuals may experience worsening mental health issues, such as anxiety, depression, or isolation, further complicating recovery. If you suspect an eating disorder, consider the following steps to seek help: Speak to a Primary Care Provider: They can provide an initial assessment and refer you to specialists. Consult a Mental Health Professional: Therapists and counselors with expertise in eating disorders can guide diagnosis and treatment. Reach Out to Support Networks: Many organizations provide resources, support groups, and guidance for those affected by eating disorders. Several organizations offer support for individuals and families dealing with eating disorders. These include: Seeking help for an eating disorder is a sign of strength, not weakness. Early intervention can make a significant difference in recovery and long-term well-being. If you or someone you love is struggling with disordered eating, reaching out to a professional is the first step toward healing and reclaiming a healthy life. Approximately 20 million women and 10 million men in the U.S. suffer from an eating disorder at some point in their lives, with anorexia nervosa having the highest mortality rate. Eating disorders are dangerous mental health conditions that nearly always require appropriate medical treatment to overcome. Still, these illnesses often involve depression, anxiety, or other related issues that can make it hard to come to terms with the reality of the situation. Taking an eating disorder test may be able to help you or your loved one understand some of the meaning behind some thoughts or actions or get a different perspective on eating habits and the need to seek an official eating disorder assessment or treatment. It's important to note that an eating disorder quiz will not tell you whether you have an eating disorder. The only way to be sure is to see your primary care physician, therapist, or another medical professional for a clinical diagnosis. However, an eating disorder test can be used as a guide, helping you to gauge the severity of your thoughts or behaviors around food, eating, and body image. It can also be used as an indication that there's something of concern going on, whether or not it's an eating disorder specifically. Advertisement If you're wondering whether you have an eating disorder to the point of taking a quiz, it may already be a sign that you need help. Concern about your thoughts or actions is an intuition that's often worth listening to. Otherwise, if you think about food, eating, or body shape and weight to the point where these subjects disrupt or increasingly dictate your everyday life, it's cause for concern. If you struggle with any associated mental health conditions, such as anxiety or depression, have a parent or close relative with an eating disorder, or experience trauma, bullying, or other harmful events, you may be at a higher risk of developing an eating disorder. There are many different eating disorders, and each involves their own signs and symptoms. But some common symptoms of the most common eating disorders include: [1,2,3] Anorexia Nervosa The signs of anorexia include: Extreme food restriction, including eliminating certain foods or entire food groups Strange eating rituals, including eating foods in specific orders or not allowing foods to touch on the plate Disturbed thoughts about body size, shape, and weight Social withdrawal or isolation Avoiding events that involve food Intense fear around gaining weight Persistent behavior to prevent weight gain Dry or yellow skin Dry or brittle hair Loss of menstrual period Learn More Bulimia Nervosa The signs of bulimia include: Loss of a sense of control over how much or what is eaten during bingeing episodes Compensatory behavior following a bingeing episode, including self-induced vomiting, laxative abuse, and excessive exercise Constant sore throats Swollen salivary glands (sometimes called "bulimia cheeks") Worn tooth enamel, tooth decay, and other oral health problems Severe dehydration Mood swings or irritability Frequently disappearing or going to the bathroom after meals Avoiding social situations that involve food Social withdrawal or isolation Learn More Binge Eating Disorder The signs of binge eating disorder include: Eating vast amounts of food in relatively short periods Hiding or hoarding food or evidence of eating (such as food wrappers) Extreme guilt around the amount of food eaten Eating even when not feeling physically hungry Eating beyond the point of feeling physically full Frequently dieting Eating alone or in secret to avoid embarrassment around eating behavior Eating abnormally quickly or losing control over what or how much is eaten Learn More ARFID The signs of ARFID include: An extreme disgust of or discomfort with certain foods, particularly due to color, texture, or smell An extreme fear of choking or vomiting after eating Disinterest in food and/or very low appetite A lack of body image concerns driving eating behaviors Not regularly receiving daily nutritional needs due to food limitations Only eating a small group of very specific foods Learn More Types of eating disorders Who is it for? It's accurate? This quiz can't replace a clinical diagnosis. If you believe you might have an eating disorder or another condition after taking this test, consider reaching out to a qualified professional about your symptoms. Despite media depiction, eating disorders can affect anyone, regardless of race, gender identity, sexuality, or body weight. Eating disorders can affect your mental and physical health, as well as influence your behaviors around food and body image. This brief, time-saving questionnaire is designed for anyone who thinks they may be living with an eating disorder. The items below will help you determine whether you may need additional help navigating a condition. A mental health professional can also help figure out if your issues might be a symptom of another condition or recommend treatment or other interventions if needed. This online screening is not a definitive screening tool. However, it can be useful if you're concerned about your eating habits and body image and want to determine if seeking out professional support is the next best step for you. Only a trained medical professional, such as a healthcare or mental health professional, can help you determine the next best steps for you. If you're wondering "Do I have an eating disorder?", take our eating disorder test below. Our confidential online eating disorder test serves as an initial step to uncover potential concerns about your eating habits and their impact on your well-being. Please remember, the outcome of this self-assessment does not replace a formal medical diagnosis. For a more comprehensive evaluation, we encourage you to contact us directly at 855-808-4213. Recognizing the early signs of an eating disorder can be the first step toward healing. While every experience is different, there are common red flags that may point to a deeper struggle with food and body image: Frequently skipping meals or cutting out entire food groups Episodes of bingeing, purging, or both Using laxatives, diuretics, or other methods to control weight Feeling consumed by thoughts about weight, shape, or appearance Exercising in extreme or rigid ways, even when injured or exhausted Frequent body checking (e.g., weighing, pinching, mirror-checking) Withdrawing from social activities, especially those involving food Gastrointestinal issues (bloating, constipation, stomach pain) without a clear medical cause Ritualistic eating behaviors, such as cutting food into tiny pieces or eating in a specific order Wearing baggy or layered clothing to hide the body Request a free consultation from an Eating Disorder Coordinator. This self-assessment is for anyone questioning their relationship with food, eating habits, or body image. If you find yourself constantly thinking about what you eat, how you look, or how much you weigh, our eating disorder quiz can help you reflect and recognize patterns that might point to an eating disorder. You don't have to be sure something is wrong to take our eating disorder test. It's a private, judgment-free way to better understand what you may be experiencing and what kind of eating disorder you might be struggling with. If any of the questions or symptoms feel familiar, we encourage you to reach out. Talking with a licensed specialist can provide clarity, support, and the guidance you deserve. When you're ready to take the next step, we're here for you. Call us at 855-808-4213 or complete the form on this page to schedule your free consultation. While this eating disorder test is based on diagnostic criteria from the American Psychiatric Association, it is not a substitute for a clinical diagnosis. Eating disorders are complex mental health conditions that require evaluation by a licensed professional. This self-assessment is meant to highlight possible symptoms, not to confirm a diagnosis. If the results raise questions for you, we strongly encourage you to consult a qualified healthcare provider. If your eating disorder self-assessment test results raise concerns, you're not alone. Help is available, and speaking with a licensed professional is an important next step. A full evaluation can provide clarity and guide you toward the support you need. At Eating Disorder Solutions, our compassionate and multidisciplinary team includes doctors, psychiatrists, therapists, and dietitians who work closely together to create a care plan tailored just for you. We take a holistic approach to recovery, addressing both the emotional and physical aspects of eating disorders. You are more than a diagnosis. That's why our treatment is built around your unique needs, not just your symptoms. Our goal is lasting recovery, with support at every step. Admitting there could be a problem with your eating habits isn't easy, but taking this eating disorder quiz is a meaningful first step. If the results raised concerns, now is the time to take action. Eating disorders are treatable, and you don't have to face them alone. Reaching out to Eating Disorder Solutions is the next step in your journey toward a healthier, more balanced life. If you would prefer to request a call, please enter your information below. We'll guide you through your options and help you determine the best course of action. No, eating disorders cannot be self-diagnosed. While tools like this eating disorder indicator test can help you recognize patterns, only a licensed professional can make an accurate diagnosis. Eating disorders involve emotional, behavioral, and physical factors that need clinical evaluation. A licensed provider will assess symptoms through clinical interviews, medical history, and psychological evaluations. This helps identify patterns in eating behavior, body image, and related health issues. If you're feeling overwhelmed by food, eating, or body image, or if these thoughts are affecting your daily life, it's time to reach out. You don't have to wait for things to get worse to seek help. Many insurance plans do cover treatment, though coverage varies by provider and plan. Eating Disorder Solutions accepts most major insurance and can help verify your benefits. Our team will guide you through the process. Learn more about insurance and cost here.