

# Self-Test: Are You Addicted to Food?



Food addiction can be tricky to identify because everyone must eat to survive. However, an increasing body of scientific evidence has found that specific patterns of food consumption are similar to drug and alcohol addictions.

If you are concerned about your eating habits, take the self-test below and share the results with your health-care provider. *Note:* Not all people who are addicted to food are overweight, and both men and women can be affected.

Check the statements below that apply to you...

- 1. **The way I eat causes me a lot of distress.**
- 2. **I eat until I feel sick, sluggish or tired.**
- 3. **I keep eating the same way even though it interferes with my work or social activities or harms my health.**
- 4. **Eating the same amount doesn't give me the enjoyment or satisfaction it used to.**
- 5. **If I don't eat certain foods, I feel upset...and when I eat them, I feel better.**
- 6. **I crave certain foods so much that I can't think of anything else.**
- 7. **I try to cut down on certain foods—but can't.**
- 8. **I'm so distracted by eating that I put myself or others in danger.**
- 9. **My friends and/or family worry about how much I eat.**

**Understanding the results:** If you experience any of the symptoms described above more than once a week, you should take steps to change your eating patterns. The more symptoms you have, and more often you have them, the closer you are to food addiction.

You and your health-care provider can decide whether it's advisable for you to seek professional help. If so, you may benefit from seeing a therapist who uses cognitive behavioral therapy (CBT) for eating disorders and can adapt it to food addiction. To find a CBT professional near you, consult the Association for Behavioral and Cognitive Therapies, [ABCT.org](https://www.abct.org).

**Source:** Adapted from Yale Food Addiction Scale, <https://fastlab.psych.lsa.umich.edu/yale-food-addiction-scale/>