

# Do You Have Binge Eating Disorder? — Self Quiz by Dr. Lipman

This self-assessment quiz can help you identify if your eating patterns may be consistent with binge eating disorder. Answer each of the 12 questions honestly.

This quiz is not a diagnosis, but it can be a helpful first step toward getting the help you need.

1. Do you frequently eat large amounts of food in a short period of time (e.g., within 2 hours)?  
Yes No

2. Do you feel out of control when you're eating, like you can't stop even if you want to?  
Yes No

3. Do you eat even when you're not physically hungry?  
Yes No

4. Do you eat more rapidly than normal during a binge episode?  
Yes No

5. Do you eat until you feel uncomfortably full?  
Yes No

6. Do you eat alone because you're embarrassed by how much you eat?  
Yes No

7. Do you feel disgusted, depressed, or guilty after overeating?  
Yes No

8. Do you avoid social situations or cancel plans because of your eating habits?  
Yes No

9. Do you often think about food, eating, or your next binge?  
Yes No

10. Do you hide food or evidence of your eating from others?  
Yes No

11. Have you tried to control your eating through dieting, but continued to binge?  
Yes No

12. Does your eating behavior interfere with your health, work, or relationships?  
Yes No

## Scoring:

If you answered "Yes" to 3 or more questions, you may be experiencing symptoms of binge eating disorder. It's important to talk with a medical professional.

Dr.

Lipman offers evaluations, guidance, and treatment options through in-person and Zoom consultations.

To schedule a consultation with Dr

Lipman in Miami or via telemedicine, visit: [www.richardlipmanmd.com](http://www.richardlipmanmd.com) or call 305-670-3259.