

QUIZ: Are You a Drunkorexic?

Drunkorexia is a term used to describe the combination of eating disorder behaviors such as meal-skipping or self-induced vomiting, along with alcohol abuse such as binge-drinking. New research shows that 80% of college students may be drunkorexic. (Source: www.DrDorie.com/drun Korexia-tips)

Answer YES or NO to the following questions.

1. I skip one or more meals if I know I'm going out drinking later.
2. When I drink, I always have at least 3 drinks, and usually more.
3. I'm trying to lose weight, or worried about gaining weight.
4. I make myself throw up after eating and/or drinking, to save calories.
5. I like to drink on an empty stomach so I get buzzed more quickly.
6. If alcohol is not available when I want to drink, I feel agitated and upset.
7. I track my calories (i.e., using a fitbit), to stay below a target number.
8. I try to exercise before drinking to compensate for the calories in alcohol.
9. I avoid eating while I'm drinking to keep my calories consumed lower.
10. I use laxatives to get rid of the food I eat before or during drinking.

SCORING: *count the number of questions you answered YES.*

0: **Body-Accepting Socializer** – low risk of eating disorders/ alcoholism

1-3: **Dieting Drinker** – medium risk of eating disorders/ alcoholism

4-6: **Weight-Obsessed Partier** – high risk of eating disorders/ alcoholism

7-10: **Drunkorexic** – you probably have an eating disorder and/or alcoholism

This information is presented as an educational resource only. If you think you may have an eating disorder or substance use disorder, consult with an Eating Disorder & Addiction Specialist.

This quiz may be reprinted in its entirety, including scoring and author bio below.

©2016 **Dr. Dorie McCubbrey, MEd, PhD, LPC, CEDS** is passionate about guiding professional women to achieve healthy and successful lives. She is an Eating Disorder & Addiction Specialist who helps her clients discover diet-free solutions to their weight worries and freedom from addictive behaviors so they can achieve their highest levels of success. Read more tips at www.DrDorie.com/blog and www.PositivePathways.com/blog