

From Chapter 8 in *Almost Anorexic*

Chapter Title: *Get Moving (or Not): What's Best for You?*

Do You Exercise Compulsively?

Are you (or a loved one) struggling with compulsive exercise too? Take the following self-test (table 9), developed by eating disorder researchers Lorin Taranis, Stephen Touyz, and Caroline Meyer, to find out.¹ Although this test cannot tell you whether you have almost anorexia (see chapter 1 for that), it will help you understand whether your attitudes about exercise are problematic. To score by hand, check out the instructions in appendix B.

Table 9. Compulsive Exercise Test

Instructions: Please read each statement, and select the number from 0 (never True of you) to 5 (always true of you).

		Never True	Rarely True	Sometimes True	Often True	Usually True	Always True
		0	1	2	3	4	5
1.	I feel happier and/or more positive after I exercise						
2.	I exercise to improve my appearance						
3.	I like my days to be organized and structured of which exercise is just one part						
4.	I feel less anxious after I exercise						
5.	I find exercise a chore						
6.	If I feel I have eaten too much, I will do more exercise						
7.	My weekly pattern of exercise is repetitive						
8.	I do not exercise to be slim						
9.	If I cannot exercise I feel low or depressed						
10.	I feel extremely guilty if I miss an exercise session						
11.	I usually continue to exercise despite injury unless I am very ill or too injured						
12.	I enjoy exercising						
13.	I exercise to burn calories and lose weight						

14.	I feel less stressed and/or tense after I exercise						
15.	If I miss an exercise session, I will try and make up for it when I next exercise						
16.	If I cannot exercise I feel agitated and/or irritable						
17.	Exercise improves my mood						
18.	If I cannot exercise, I worry that I will gain weight						
19.	I follow a set routine for my exercise sessions (e.g. walk or run the same route, particular exercises, same amount of time, and so on)						
20.	If I cannot exercise I feel angry and/or frustrated						
21.	I do not enjoy exercising						
22.	I feel like I've let myself down if I miss an exercise session						
23.	If I cannot exercise I feel anxious						
24.	I feel less depressed or low after I exercise						

Note: The CET has been reproduced with permission.

Appendix B

Self-Scoring

Chapter 8: Scoring and Interpreting the Compulsive Exercise Test

You can score the CET by simply adding up all of the items to obtain a total score. The minimum possible score is 0 and the maximum possible score is 120. Although there is no specific cutoff, the higher your score, the more eating disordered your exercise behaviors are likely to be. For the two reverse-scored items (8 and 12), count a response of 0 as a response of 5; 1 as 4; 2 as 3; 3 as 2; 4 as 1; and 5 as 0. You can obtain specific subscale scores by adding up all of the items on that particular subscale, as follows. The higher your score on each subscale, the more problematic that area is for you:

- Avoidance and rule-driven behavior (items 9, 10, 11, 15, 16, 20, 22, 23)

- Weight-control exercise (items 2, 6, 8 [reverse-scored], 13, 18)
- Mood improvement (items 1, 4, 14, 17, 24)
- Lack of exercise enjoyment (items 5, 12 [reverse-scored], 21)
- Exercise rigidity (items 3, 7, 19)

Notes

WE ALSO MUST INCLUDE A LINK TO

<http://www.lboro.ac.uk/research/nceds/about/>

1. L. Taranis, S. Touyz, and C. Meyer, “Disordered Eating and Exercise: Development and Preliminary Validation of the Compulsive Exercise Test,” *European Eating Disorders Review* 19 (2011): 256–68.