

ALMOST ANOREXIC

Is My (or My Loved One's) Relationship with Food a Problem?

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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: 0	Rarely true: 1	Sometimes true: 2	Often true: 3	Usually true: 4	Always true: 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 to 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.						

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.