Signs and Symptoms of Anorexia, Bulimia and Compulsive Overeating

(behavioral signs, psychological signs and attitude shifts)

**Anorexia**

* Significant weight loss, refusal to maintain minimal weight (less than 85% recommended weight)
* Distorted body image, continuing to restrict, although thin (may include bingeing and/or purging)
* Intense fear of gaining weight and/or getting fat
* Disruption of Menses (loss of monthly period)
* Preoccupation w/ food, nutrition and/or exercise
* Distorted body image
* Rigid exercise regime
* Social withdrawal, mood shifts, perfectionist attitude
* Light-headedness, fainting
* Complaints of feeling cold

**Bulimia**

* Binge eating, followed by fasting or purging
* Vomiting, laxative abuse, overexercising, abuse of diet pills
* Intense fear of becoming fat
* Eating in secret
* Weight fluctuations
* Mood shifts, depression, severe self-criticism
* Complaints of sore throats, fatigue, muscle aches, dental problems, swollen glands, heartburn, bloating
* Feeling out of control of one's eating, preoccupation with food
* Self esteem linked to weight
* Going to the bathroom frequently after meals

**Compulsive Overeating**

* Eating to escape from worry of anxiety
* Bingeing and eating when not hungry
* Restriction of activities because of embarrassment about weight
* Going from diet to diet
* Excessive thought devoted to food
* Eating little in public while maintaining a high weight
* Feelings about self worth based on weight and control of eating
* Feeling unable to stop eating voluntarily
* Awareness that eating patterns are abnormal
* Mood shifts, depression