

Sugar Addiction Quiz

by Florence Christophers, Kick Sugar Coach



“Substance Abuse Disorder” Questions Based on the DSM-IV
Answer yes or no based on when your eating is at its worst.

- 1 Has the amount of sugar you consume escalated over time? Have you found yourself needing to eat more to feel satisfied? (TOLERANCE)
- 2 Do you experience withdrawal symptoms when you stop consuming refined carbohydrates? (WITHDRAWAL)
- 3 Do you binge eat processed foods? (LOSS OF CONTROL)
Once you start eating sweet and starchy food, do you find it hard to stop?
Do you consume ‘treat’ foods more often than you would like?
- 4 Do you experience strong cravings for sweet and starchy foods? (PERSISTENT DESIRE)
- 5 Have your best efforts at cutting back or eliminating your consumption of refined carbs been unsuccessful? (UNSUCCESSFUL EFFORTS)
- 6 Do spend more time, energy or money securing access to junk foods than you would like? (TIME SPENT ON SECURING)
- 7 Do you spend more time than you’d like recovering from the consequences of your consumption of junk food? (RECOVERING FROM USE)
- 8 Have your social, occupational, or recreational activities been reduced or cancelled because of your desire to consume junk food instead? (TIME SPENT ON OTHER PLEASURABLE ACTIVITIES IS REDUCED)
- 9 Do you continue to eat and drink processed carbohydrates despite knowledge of persistent physical or psychological problems that are likely to have been caused or exacerbated by the consumption of junk food? (CONTINUED USE DESPITE KNOWN ADVERSE EFFECTS)

ASSESSMENT SUMMARY:

Your consumption of refined carbohydrates qualifies as an “addiction” or a “substance dependence” if you answered yes to three or more of the above questions anytime within a 12-month period.

Total Score of 3 or more = Substance Dependence Diagnosis by the APA DSM-IV

Total Score of 3 or more = Sugar Addiction or Food Addiction Diagnosis