

# Metaphysical Anatomy™

Completing the MAC questionnaire is an alternative way to assess your belief system and values associated with eating and how it relates to the belief system and values of people who are challenged with anorexia. During this test we are not going to establish whether you do or do not have anorexia however see if your belief system, values and concerns are similar to those of people who are challenged with anorexia. This test will give you a guideline to establish how severe your condition might be.

The total score will help you to assess your belief system, values and concerns relating to weight regulation and establish your fears and sensitivity to weight gain. As well as how great your need for approval is whether it's from yourself or others.

Note though that we are all unique and even though you might have a low does not mean you have no problem. It could mean that your challenges in those areas are just less severe than someone who is challenged by this condition.

How it works: Add up all the numbers you circled \_\_\_\_ Your total score reflects the overall level of anorexia beliefs that you experience.

Research conducted by Mizes and colleagues has shown that clients diagnosed with anorexia have, on average, a total score of 75 or higher. If your score is approximately 75, your beliefs about eating and weight are consistent with the average client with anorexia. If your score is greater than 75, it indicates that your beliefs are more extreme than those of the average client with anorexia. If your score is lower than 75, it means that your beliefs are less extreme than those of the average client with anorexia.

		Strongly Disagree	Moderately Disagree	Neither Agree Nor Disagree	Moderately Agree	Strongly Agree
		1	2	3	4	5
1	I feel victorious over my hunger when I am able to refuse sweets					
2	No matter how much I weigh, fats, sweets, breads and cereals are bad food because they always turn into fat					
3	No one likes fat people therefore my must remain thin					

# Metaphysical Anatomy™

		Strongly Disagree	Moderately Disagree	Neither Agree Nor Disagree	Moderately Agree	Strongly Agree
		1	2	3	4	5
4	I am proud of myself when I control my urge to eat					
5	When I eat deserts I get fat, therefore I must never eat deserts so I don't get fat					
6	How much I weigh has little do with how popular I am					
7	If I don't establish a daily routine everything will be chaotic and I won't accomplish anything					
8	My friends will like me regardless of how much I weigh					
9	When I am overweight, I am not happy with my appearance. Gaining weight will take away the happiness I have with myself					
10	People like you because of your personality, not whether you are overweight or not					
11	When I eat something fattening it doesn't bother me that I have temporarily let myself eat something I am not suppose to					
12	If I eat a sweet it will be converted instantly into stomach fat					
13	When my weight goes up my self-esteem goes down					

# Metaphysical Anatomy™

		Strongly Disagree	Moderately Disagree	Neither Agree Nor Disagree	Moderately Agree	Strongly Agree
		1	2	3	4	5
14	I can't enjoy anything because it will be taken away					
15	It is more important to be a good person than to be thin					
16	When I see a person that is overweight I worry that I will be like him/her					
17	All members of the opposite sex want a mate who has a perfect, thin body					
18	Having a second serving of high calorie food I really like doesn't make me feel guilty					
19	If I can cut out all carbohydrates, I will never be fat					
20	When I overeat, it has no effect on whether or not I feel like a strong person					
21	Members of the opposite sex are more interested in "who" you are rather than whether or you are thin					
22	If I gain one pound, I'll go on and gain a hundred pounds, so I must keep precise control of my weight, food and exercise					
23	I rarely criticize myself if I have let my weight go up a few pounds					

## Metaphysical Anatomy™

		Strongly Disagree	Moderately Disagree	Neither Agree Nor Disagree	Moderately Agree	Strongly Agree
		1	2	3	4	5
24	I try to attract members of the opposite sex through my personality rather than by being thin					