# FIVE DOMAINS OF EATING DISORDERS: A SURVEY FOR COLLEGIATE DANCERS (TURK ET AL., 1999)

\* Required

Top of Form

1a \*

Psychological disturbances are the exclusive cause of eating disorders

* + True
  + False

1b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4- confident
  + 5-very confident

2a \*

Females not involved in athletics usually feel more social pressures to be thin than do female athletes

* + True
  + False

2b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

3a \*

Athletes with a negative self image may resort to harmful eating practices in order to improve their performance

* + True
  + False

3b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

4a \*

Coaches can significantly contribute to the development of an eating disorder

* + True
  + False

4b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

5a \*

Individuals with anorexia nervosa usually do not concentrate on academics, however they often strive for excellence in athletics

* + True
  + False

5b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

6a

Simple dieting is the usual precipitant of an eating disorder

* + True
  + False

6b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

7a \*

Habitual, high intensity exercise in addition to daily team practice may be considered a behavior characteristic of an eating disorder

* + True
  + False

7b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

8a \*

Bulimia nervosa is often termed the "self starvation" syndrome as individuals suffering from bulimia usually ingest less than 500 calories a day

* + True
  + False

8b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

9a \*

It is impossible for an individual who is above average in weight to have an eating disorder

* + True
  + False

9b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

10a \*

The loss of menstration should be considered a potential warning sign of an eating disorder in an athlete

* + True
  + False

10b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

11a \*

Hair loss and/or fine, soft body hair may be seen in those with an eating disorder

* + True
  + False

11b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

12a \*

An obvious decrement in performance will rapidly be seen in an athlete with an eating disorder

* + True
  + False

12b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

13a \*

Due to the psychological considerations involved, only the psychologist and physician should create the treatment plan for an athlete with an eating disorder

* + True
  + False

13b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5- very confident

14a \*

The team or psychologist should always be the first to approach one suspected of having an eating disorder

* + True
  + False

14b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

15a \*

Once approached about an eating disorder, the athlete will usually be relieved and agree to treatment

* + True
  + False

15b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

16a \*

Treatment of an eating disorder may take years before recovery is complete

* + True
  + False

16b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

17a \*

Athletes diagnosed with an eating disorder should never be allowed to participate in sports until recovery is complete

* + True
  + False

17b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

18a \*

The individual that initially approaches the athlete should concentrate on discussing the eating disorder symptoms identified

* + True
  + False

18b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

19a \*

Distance runners, swimmers, and body builders may have an increased risk for developing an eating disorder

* + True
  + False

19b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

20a \*

Weight monitoring by coaches may increase an athlete's risk for developing and eating disorder

* + True
  + False

20b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

21a \*

A proven, effective means to improve performance is to train at a higher weight then drop or cut weight prior to competition

* + True
  + False

21b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

22a \*

A joking comment regarding an individual's weight may actually trigger an eating disorder in a susceptible athlete

* + True
  + False

22b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

23a \*

Male athletes are not at risk for developing an eating disorder

* + True
  + False

23b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

24a \*

Body fat percentages of 10% or less for females is considered acceptable for athletes that participate in judged sports such as gymnastics, diving or figure-skating

* + True
  + False

24b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

25a \*

Educating coaches about eating disorders is an important preventative strategy for minimizing the risk of such disorders

* + True
  + False

25b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

26a \*

If the athletic department does not offer education programs about eating disorders, then it is the coach's responsibility to educate him/herself on the topic

* + True
  + False

26b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

27a \*

Proper nutrition, body composition, and weight maintenance are issues that should be included in educational programs for athletes.

* + True
  + False

27b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

28a \*

The medical staff should be the only individuals to conduct weigh-ins for athletes

* + True
  + False

28b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

29a \*

In order to improve individual performance, coaches should emphasize the importance of achieving an ideal body weight and body composition, in addition to proper training

* + True
  + False

29b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

30a \*

Dieting may be encouraged by coaches in cases where weight loss is needed in a short time period

* + True
  + False

30b \*

Confidence

* + 1-not at all confident
  + 2-not very confident
  + 3-somewhat confident
  + 4-confident
  + 5-very confident

Demographics \*

\*note: Height and weight were manually inserted in an open response box

Height

Bottom of Form

Demographics \*

Weight (pounds)

Demographics \*

Age

* 17
* 18
* 19
* 20
* 21
* 22
* 23
* 24+

Demographics \*

What Sport do you participate in for your college? (If you play more than one sport, please use your more preferred sport)

* Cross country/Distance running
* Track-Sprints/Jumps
* Track-Throws

\*note: responses labeled as “other” were replaced with basketball as authors realized basketball was the only varsity sport not listed that Baker athletes could participate (See comment below)

* Soccer
* Golf
* Volleyball
* Cheer/Dance
* Softball
* Tennis
* Other

Demographics \*

Which University do you attend?

\*note: the original design was to survey athletes at multiple institutions, but due to low numbers, the university grouping variable was dropped and only 51 responses from Baker University were recorded.

* Baker University
* Avila University
* Ottawa University
* Mid America Nazarene University
* Benedictine College
* Haskell Indian Nations University
* Park University

|  |  |
| --- | --- |
| **?** | **Answers** |
| **1** | **F** |
| **2** | **F** |
| **3** | **T** |
| **4** | **T** |
| **5** | **F** |
| **6** | **T** |
| **7** | **T** |
| **8** | **F** |
| **9** | **T** |
| **10** | **T** |
| **11** | **T** |
| **12** | **F** |
| **13** | **F** |
| **14** | **F** |
| **15** | **F** |
| **16** | **T** |
| **17** | **F** |
| **18** | **F** |
| **19** | **T** |
| **20** | **T** |
| **21** | **F** |
| **22** | **T** |
| **23** | **F** |
| **24** | **F** |
| **25** | **T** |
| **26** | **T** |
| **27** | **T** |
| **28** | **T** |
| **29** | **F** |
| **30** | **F** |