

Exercise Addiction Evaluation

	Strongly disagree		Neither agree nor disagree		Strongly agree
Exercise is the most important part of my life	1	2	3	4	5
I have had conflicts between me and my loved ones/family regarding how much exercise I do	1	2	3	4	5
I use exercise as a way of changing my mood and a way of dealing with my problems	1	2	3	4	5
Over time I have increased the amount of exercise I do in a day	1	2	3	4	5
If I have to miss an exercise session I feel irritable and moody	1	2	3	4	5
If I cut down the amount of exercise I do, and then start again, I always end up exercising as often as I did before	1	2	3	4	5

Adapted from the Short Form Inventory Tool- Terry, A.; Szabo, A.; Griffiths, M. The exercise addiction inventory: A new brief screening tool. Addict. Res. Theory 2004

Rate the questions on the form and tally your score. A score of 12 or under is considered asymptomatic whereas a score of 13-23 suggests that you may be at risk and should consider professional help.

