

Are you a Compulsive Shopper?

By Amy Scholten, MPH

People shop for many reasons. But compulsive shoppers *habitually* turn to shopping for relief from anxiety, depression, loneliness and other painful feelings. They often spend large sums of money and increase their debt in the process, eventually feeling out of control and addicted.

This assessment is designed to help you determine if you have compulsive shopping tendencies. Please keep in mind that this is not a diagnostic tool. If you have concerns about your shopping behavior, please see a mental health care provider.

Directions: Please read each statement carefully and select the answer that best describes your situation. When finished, interpret your score at the bottom of the page.

1. I go on shopping binges.

Frequently ___
Sometimes ___
Rarely or never ___

2. I dread looking at my bills after shopping.

Frequently ___
Sometimes ___
Rarely or never ___

3. I feel a sense of euphoria when I go shopping.

Frequently ___
Sometimes ___
Rarely or never ___

4. I go on shopping binges when I feel stressed out, anxious, lonely, depressed, angry, restless, or discouraged.

Frequently ___
Sometimes ___
Rarely or never ___

5. After a shopping binge, I feel shame and remorse.

Frequently ___

Sometimes ___

Rarely or never ___

6. I have conflicts with those closest to me as a result of my shopping habits.

Frequently ___

Sometimes ___

Rarely or never ___

7. I've had financial and/or legal problems as a result of my shopping habits.

Frequently ___

Sometimes ___

Rarely or never ___

8. I try to hide my purchases and shopping behaviors from those close to me.

Frequently ___

Sometimes ___

Rarely or never ___

9. I've tried to curb my excessive shopping habits without success.

Frequently ___

Sometimes ___

Rarely or never ___

10. When I go shopping, I end up buying things that I already have.

Frequently ___

Sometimes ___

Rarely or never ___

11. I don't think much before buying anything – I tend to shop on impulse.

Frequently ____
Sometimes ____
Rarely or never ____

12. Even though I'm stressed out about my debt, I can't seem to curb my shopping.

Frequently ____
Sometimes ____
Rarely or never ____

13. I buy things I don't really want or need.

Frequently ____
Sometimes ____
Rarely or never ____

14. I often buy more than I planned.

Frequently ____
Sometimes ____
Rarely or never ____

15. I buy the things I want, whether I can afford them or not.

Frequently ____
Sometimes ____
Rarely or never ____

16. I tend to feel very upset or deprived if I can't buy something that I want.

Frequently ____
Sometimes ____
Rarely or never ____

17. I feel bad if I don't go shopping.

Frequently ___
Sometimes ___
Rarely or never ___

18. I'm preoccupied with thoughts about shopping.

Frequently ___
Sometimes ___
Rarely or never ___

19. If I have any money to spare, I feel that I have to spend it on something.

Frequently ___
Sometimes ___
Rarely or never ___

20. I have clothes or other possessions with the shopping tags still attached.

Frequently ___
Sometimes ___
Rarely or never ___

Answer Key:

If you answered "frequently" to four or more questions, you are probably a compulsive shopper. If you answered "sometimes" to four or more questions, you probably have some compulsive shopping tendencies and could be at risk of developing a more serious shopping compulsion.

Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.