

General Eating Disorders Quick Screen

Name: _____ Date: _____

- 1) Are you unhappy with your body weight and shape?
- 2) Are you dieting? Have you dieted much in the past?
- 3) Have you lost weight?
- 4) Some people eat large quantities of food in an out of control way. Has this ever happened to you?

If yes, continue:

- 5) Many people, after eating in this way, feel very badly about themselves. Do you ever feel badly about yourself after eating in this way?
- 6) Many people then try to compensate for this eating or to get rid of the food somehow. Has this ever happened to you?
- 7) How often do you currently exercise? Do you feel comfortable missing a day here and there? Does your exercise feel out of control?
- 8) Have others expressed concerns about your eating, exercising or weight?
- 9) Are you concerned about your health?

Key

Those with bulimia tend to express concerns for their health unlike those with anorexia who may report that others have indicated concern for their health, but that they, themselves, are not concerned (may be in state of denial). Those struggling with issues related to bulimia or binge eating disorder are more likely to report that they have not told anyone of their struggles and physically there may be less visible evidence of ongoing issues.

Other Notes:

Follow-Up Plan:
