

How Significant Are Your Concerns About Weight, Shape and Eating?

Please answer “yes” or “no” to the five questions below.	Yes	No
Do you make yourself sick because you feel uncomfortably full?	1	0
Do you worry you have lost control over how much you eat?	1	0
Have you recently lost more than 14 pounds in a three-month period?	1	0
Do you believe yourself to be fat when others say you are thin?	1	0
Would you say that food dominates your life?	1	0

If you answered “yes” to two or more of the questions above, it is possible that you have concerns about weight, shape, and eating that could benefit from treatment.

Please contact your local mental health clinic, or search for an eating disorders professional online at www.edreferral.com or www.something-fishy.org, to set up an initial evaluation.

Please note that this screen is not a diagnostic interview. To fully understand whether or not you are suffering from an eating disorder or eating / weight / shape concerns that warrant treatment, you must visit with a trained mental health professional who can conduct a clinical interview to determine whether a diagnosis exists and what treatment course may be most beneficial for you.