

Eating Disorder Questionnaire

Name: Trent Alberich

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Instructions: The following questions are concerned with the past four weeks (28 days) only. Please read each question carefully. Please answer all the questions. Thank you.

Questions 1 to 12: Please circle the appropriate number on the right. Remember that the questions only refer to the past four weeks (28 days) only.

ON HOW MANY OF THE PAST 28 DAYS ...		NO DAYS	1-5 DAYS	6-12 DAYS	13-15 DAYS	16-22 DAYS	23-27 DAYS	EVERY DAY
1	Have you been deliberately trying to limit the amount of food you eat to influence your shape or weight (whether or not you have succeeded)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
2	Have you gone for long periods of time (8 waking hours or more) without eating anything at all in order to influence your shape or weight?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Have you tried to exclude from your diet any foods that you like in order to influence your shape or weight (whether or not you have succeeded)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Have you tried to follow definite rules regarding your eating (for example, a calorie limit) in order to influence your shape or weight (whether or not you have succeeded)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
5	Have you had a definite desire to have an empty stomach with the aim of influencing your shape or weight?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Have you had a definite desire to have a totally flat stomach?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Has thinking about food, eating or calories made it very difficult to concentrate on things you are interested in (for example, working, following a conversation, or reading)?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Has thinking about shape or weight made it very difficult to concentrate on things you are interested in (for example, working, following a conversation, or reading)?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Have you had a definite fear of losing control over eating?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
10	Have you had a definite fear that you might gain weight?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Have you felt fat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	Have you had a strong desire to lose weight?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Fairburn and Beglin (2006). In Fairburn, C. G. (2008). Cognitive Behavior Therapy and Eating Disorders. Guilford Press, New York.

Assessment Of Eating Disorders

James E. Mitchell, Carol B. Peterson

Assessment Of Eating Disorders:

Assessment of Eating Disorders James E. Mitchell, Carol B. Peterson, 2012-04-16 Concise and practical yet comprehensive this unique book provides a clear framework and a range of up to date tools for assessing patients with eating disorders Leading clinicians and researchers describe the nuts and bolts of using diagnostic interviews standardized databases structured instruments self report and family based measures medical and nutritional assessment ecological momentary assessment and strategies for evaluating body image disturbance Concrete examples and sample forms are included throughout and the concluding chapter discusses how to use assessment data in individualized treatment planning

Assessment of eating disorders Donald Allen Williamson, Christopher John Davis, 1990 **Handbook of Assessment and Treatment of Eating Disorders** B. Timothy Walsh, Evelyn Attia, Deborah R. Glasof, Robyn Sysko, 2015-10-09 The recent publication of the revised Diagnostic and Statistical Manual of Mental Disorders DSM 5 has had a profound impact on the classification of eating disorders introducing changes that were formalized after years of study by the Eating Disorders Work Group The Handbook of Assessment and Treatment of Eating Disorders is the only book that provides clinicians with everything they need to know to implement these changes in assessment diagnosis and treatment After an overview of feeding and eating disorders that systematically reviews the changes from DSM IV to DSM 5 some of the foremost scholars in each area address eating disorders in adults children and adolescents and special populations Chapters on assessment and treatment along with accompanying videos offer comprehensive state of the art coverage that will benefit clinicians in practice such as psychiatrists and psychotherapists as well as mental health trainees Clinicians will find the following features and content especially useful Five full chapters on assessment tools cover the evolution of measures and instruments from the primitive beginnings to the cutting edge of new technological applications The challenges of diagnosing feeding and eating disorders in children and adolescents are also addressed Treatment chapters cover restrictive eating including anorexia nervosa and avoidant restrictive food intake disorder binge eating including bulimia nervosa and binge eating disorder and other eating problems including pica rumination disorder and night eating syndrome One chapter focuses on eating problems among men and boys who have diverse presentations and the motivations and body image disturbances that may differ from those typically found among females Because attunement to culturally and socially patterned characteristics of clinical presentation is essential to an informed and accurate mental health assessment an entire chapter is devoted to clinical effectiveness in multicultural and cross cultural settings Each chapter ends with key clinical points to help readers focus on the most salient content test comprehension and review for examinations Clinicians in both training and practice will find the book's up to date DSM 5 compatible content to be utterly essential The Handbook of Assessment and Treatment of Eating Disorders belongs in the library of every mental health professional practicing today **Pocket Guide for the Assessment and Treatment of Eating Disorders** James Lock, M.D., Ph.D., 2018-10-15 An exceptionally practical book for

clinicians who are interested in evaluating and treating eating disorders in children and adults this guide provides expert guidance in a succinct and accessible format **Assessment of Eating Behavior** Adrian Meule,2023-05-08 Eating behavior encompasses a broad range of aspects from under to overeating and from normal to pathological eating The expert contributors to this volume provide a comprehensive overview of assessment methods for eating behavior research and clinical practice which include both self report questionnaires and structured interviews as well as assessment of food intake in the laboratory ecological momentary assessment cognitive behavioral tasks and psychophysiological measures They explore the assessment of eating disorders such as anorexia nervosa bulimia nervosa binge eating disorder and others They also address topics that may be associated with disordered eating and obesity but are also relevant in persons without these conditions such as restrained eating and dieting emotional eating food craving and food addiction orthorexia nervosa intuitive and mindful eating and grazing Further topics that are strongly connected to eating behavior such as body image physical activity body composition and expenditure food neophobia and disgust sensitivity and weight related stigmatization are also examined This book is essential reading for researchers working in clinical and health psychology consumer psychology psychiatry and nutrition science as well as practitioners including psychotherapists physicians nutrition counsellors who assess eating behavior and related aspects in their daily work

Body Image, Eating Disorders, and

Obesity J. Kevin Thompson,1996-01-01 I have had the opportunity to work with many individuals with some manifestation of an eating disturbance including anorexia nervosa bulimia nervosa obesity and binge eating disorder These interactions led to an awareness of the particular problems encountered by these patients This book brings together the findings from my own collaborations with colleagues along with those from many noted researchers in the field Body image is of central importance in the effective assessment and management of eating disorders EDs and obesity Thus body image became a major unifying theme of the book A 2nd reason for undertaking this work was to provide empirically supported information about the most effective assessment and treatment strategies for body image disturbance EDs and obesity With regard to assessment this has resulted in an emphasis on psychometrically sound assessment instruments interview methodologies and medical evaluation of physical status With regard to treatment the emphasis is on cognitive behavioral and pharmacologic interventions although other approaches are also discussed because cognitive behavioral and pharmacological therapies have the most empirical support One goal was to provide information at differing levels of clinician sophistication

Helping People with Eating Disorders Robert L. Palmer,2000-06-15 Most trainees and practitioners in clinical psychology psychiatry nursing dietetics and counselling will welcome this concise comprehensive and practical guide to understanding eating disorders and to helping patients with these difficult disorders The author is a renowned clinician and trainer in the field with wide experience of research and treatment in anorexia bulimia and related disorders The chapters deal with the nature and incidence of eating disorders and how current conceptual models can help to understand them

assessment and treatment including unusual and complex cases and also the organisation of services Key features of the book include A clear direct approach to understanding eating disorders and what causes them A review of the evidence for treatment methods and their outcomes The authors pragmatic realistic approach to treatment which is employs evidence based methods and clinical experience as appropriate Guidance on difficult cases and on situations when treatment seems to go wrong Bob Palmer has provided here an accessible up to date and practice based guide to dealing with eating disorders which will inform guide and help to build essential clinical confidence in all those involved with helping patients An outstanding book that deserves to be widely read It provides a comprehensive and balanced account of current knowledge about eating disorders together with clear guidelines regarding their management This book is well written and lucid It is testimony to the author s extensive experience helping people with eating disorders and his considerable clinical wisdom Christopher Fairburn Professor of Psychiatry University of Oxford UK Paperback 0471 986 47x *Body Image, Eating, and Weight* Massimo Cuzzolaro,Secondo Fassino,2018-11-03 This book equips readers with the knowledge required to improve diagnosis and treatment and to implement integrated prevention programs in patients with eating and weight disorders It does so by providing a comprehensive up to date review of research findings and theoretical assumptions concerning the interface and interactions between body image and such disorders as anorexia nervosa bulimia nervosa binge eating disorder other specified feeding and eating disorders orthorexia nervosa overweight and obesity After consideration of issues of definition and classification the opening part of the book examines the concept of body image from a variety of viewpoints A series of chapters are then devoted to the assessment of the multidimensional construct body image to dysmorphophobia body dysmorphic disorder and to muscle dysmorphia The third part discusses body image in people suffering from different eating disorders and or overweight or obesity and two final chapters focus on body image in the integrated prevention of eating disorders and obesity and cultural differences regarding body image The book will be of interest to all health professionals who work in the fields of psychiatry clinical psychology eating disorders obesity body image adolescence public health and prevention *Body Image, Eating Disorders, and Obesity in Youth* J. Kevin Thompson,Linda Smolak,2001

Examines the relationship between body image disturbances and eating disorders in our most vulnerable population children and adolescents The editors present a dynamic approach that combines current research assessment techniques and suggestions for treatment and prevention This volume delivers direction for researchers in the field as well as guidance for practitioners and clinicians working with young clients suffering from these disorders *The Family Approach to Eating Disorders* Walter Vandereycken,Elly Kog,Johan Vanderlinden,1989 *Fundamentals of Diagnosing and Treating Eating Disorders* Janna Gordon-Elliott,2016-11-15 This concise text contains clinical cases covering different types of dysfunctional eating with a focus on the eating disorders in the DSM 5 including the new disorder Avoidant Restrictive Food Intake Disorder ARFID Each case will follow the format of clinical presentation diagnosis discussion and suggested readings The

discussion sections will prioritize treatment and management with practical tips for clinicians. The text will also include boxed quick snapshots with important fundamentals that are relevant to the case and the diagnosis or diagnoses being presented. Presentations that are common in clinical practice but that may not fit neatly into one specific diagnostic category will also be reviewed with guidance on principles of assessment, prioritization of problems, formulation and management. The book encourages the consideration of comorbidities and differential diagnosis. The structure of the book's content will give readers a head start in honing their differential diagnosis skills in the area of eating disorders. The book is split into three categories based on the most immediately visible features of the case: I. The person who eats too little; II. The person who eats too much; III. The person who eats in an odd or idiosyncratic way. For teaching purposes several of the cases describe a not normal eating presentation that are not classified within one of the current definitions of a psychiatric disorder. **Fundamentals of Diagnosing and Treating Eating Disorders** is aimed at psychiatrists, primary care physicians and other clinicians who may see patients with eating disorders.

Self-Harm Behavior and Eating Disorders John L. Levitt, Ph.D., Randy A. Sansone, M.D., Leigh Cohn, M.A.T., 2005-07-05. The number of eating disorders patients presenting with symptoms of self harm is growing quickly and yet there is surprisingly little known about this unique population. **Self Harm Behavior and Eating Disorders** explores the prevalent but largely uncharted relationship between self injury behaviors and eating disorders symptoms. In the first major book to focus on this area, a renowned group of international scholars and practitioners addresses the subject from a variety of theoretical and practical perspectives. The book is categorized into sections covering epidemiology, psychodynamics, assessment and a final section covering potential treatment options including dialectical behavioral therapy, cognitive therapy, interventions, strategies, group therapy and pharmacological approaches. This unrivaled collection of case studies, theoretical exploration and practical application forms a benchmark for the field and offers a stepping stone for new research and innovative treatment strategies. In an area with little available information previously spread out among diffuse sources, this volume represents the state of the field resource for anyone working with complex eating disorders patients.

Clinical Manual of Eating Disorders Joel Yager, Pauline S. Powers, 2008-05-20. **Clinical Manual of Eating Disorders** provides sound therapeutic advice based on current research and clinical practice. It includes detailed discussions of various aspects of assessment and treatment, featuring up to date evidence and consensus based information. Ranging from the determination of initial treatment approaches to problems posed by unique groups of patients, it marks the first APPI volume specifically directed toward the clinical management of patients with eating disorders and the first book to focus squarely on what psychiatrists need to know about the clinical assessment and management of patients with anorexia nervosa, bulimia nervosa, binge eating disorders and obesity. In these pages preeminent psychiatric authorities on eating disorders offer practical advice, research results and the fruits of clinical experience. In addition to thorough extended discussion and coverage of all assessment and treatment topics encompassed by the third edition of the American

Psychiatric Association's Practice Guideline for the Treatment of Patients with Eating Disorders the book includes topics such as night eating and related syndromes obesity and weight management in relation to psychiatric medications psychiatric aspects of bariatric surgery and management of patients with chronic intractable eating disorders Clinical vignettes discuss specific techniques and strategies to help anchor the discussions in the decision making situations faced by practitioners every day Among the book's features coverage of a wide range of diagnoses from new onset to very chronic conditions consideration of comorbid psychiatric substance abuse and medical conditions applications to outpatient ambulatory and inpatient settings a range of treatment strategies including biological cognitive behavioral psychodynamic and family treatments discussion of special concerns involving college athletes and patients from different ethnic or cultural backgrounds inclusion of APA Practice Guideline tables as well as the most recent version of the Eating Disorders Questionnaire The insights garnered from this book will enable clinicians to better make nuanced assessments of patients with eating disorders present the best available evidence about treatment options to patients and their families initiate and conduct treatment interventions with the majority of patients they encounter Clinical Manual of Eating Disorders is an invaluable tool for psychiatrists that complements other resources for all professionals who see patients with these challenging conditions whether mental health clinicians primary care physicians dieticians psychologists or social workers

Emergence, Assessment and Treatment of Eating Disorders Lauri Neponen, 2000 **Anorexia Nervosa** A.H.

Crisp, 2021-09-28 We are delighted to publish this second edition of Anorexia Nervosa Guidelines for Assessment and Treatment in Primary and Secondary Care based on the first author's long standing St George's Approach which has been so well received since it was first published in 1994 The book aims to outline in a clear practical way the minimal intervention necessary within primary and secondary care settings if the psychopathology of this serious and life threatening illness is first to be identified and then treated with some hope of success This first attempt at a time limited and basic meaningful intervention involves concurrent use by both patient and therapist and also to some extent the family of the self help book Anorexia Nervosa The Wish to Change and the Patient's Log Book and all three books can be purchased as a package

Handbook of Assessment Methods for Eating Behaviors and Weight-Related Problems David B. Allison, David Bradley Allison, Monica L. Baskin, 2009-07-10 This handbook is a comprehensive collection of measures and assessment tools intended for use by researchers and clinicians that work with people with problem eating behaviors obese clients and the associated psychological issues that underlie these problems

Clinical Assessment and Treatment of Eating Disorders Lewis Humphries, 2023-09-19 An eating disorder refers to a type of mental disorder characterized by abnormal eating habits that have a negative impact on a person's mental or physical health People suffering from eating disorders may exhibit a wide range of symptoms including food binges severe dietary restriction and purging actions such as over exercising or vomiting There are various types of eating disorders such as bulimia nervosa pica avoidant or restrictive food

intake disorder anorexia nervosa binge eating disorder and rumination disorder The risk factors associated with eating disorders include family history psychological health extracurricular activities aging excessive dieting and life transitions Eating disorders can be diagnosed through physical and psychological assessments The treatment plans of eating disorders are unique to each individual and include a combination of therapies The treatment varies according to the disorder which includes limiting excess exercising counseling reducing efforts to eliminate food and dietary advice This book seeks to provide a fair idea about eating disorders and to help develop a better understanding of the latest advances in their clinical management It will serve as a reference to a broad spectrum of readers *Eating Disorders* David G. Schlundt, William G. Johnson, 1990 Textbook for an introductory course on the study of eating disorders Emphasis is on anorexia and bulimia nervosa Presents the conceptual empirical and clinical approaches to these problems Annotation copyrighted by Book News Inc Portland OR *Complex Cases and Comorbidity in Eating Disorders* Riccardo Dalle Grave, Massimiliano Sartirana, Simona Calugi, 2021-03-26 In this book the authors share the strategies and procedures they use in their clinical daily practice to assess and treat complex cases of eating disorders The strategic and pragmatic approach to the management of medical and psychiatric comorbidity coexisting with eating disorders while relying on enhanced cognitive behavioral therapy CBT E an evidence based treatment recommended for all eating disorder categories both in adults and adolescents can also be used by clinicians who adhere to different theoretical models The book is divided into two main parts Part I describes the eating disorder psychopathology and its consequences an essential knowledge essential to understanding whether the patients have true comorbidity or spurious comorbidity Then it gives an overview of CBT E and how to implement it at different levels of care and in a multidisciplinary team Part II illustrates the general strategies to address comorbidity in patients with eating disorders and the specific strategies and procedures for managing the most common mental and general medical conditions coexisting with eating disorders This volume is a valuable and useful tool for all clinicians endocrinologists nutritionists dietitians psychologists psychiatrists who deal with obesity and eating disorders

Eating Disorders Kathleen M Berg, J Hurley Dermot, James A McSherry, Nancy E Strange, 2018-08-17 Providing a wide range of questions for all doctors wishing to take the Professional and Linguistics Board Test required for foreign nationals who want to practice in the UK this title is a comprehensive primer for the examination Presented in a workbook style with spaces for the answers to be entered it provides a wide range of questions examining over 1250 extended matching questions It also includes contact details for key UK medical organizations and institutions and guidance to PLAB candidates from the General Medical Council

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