SCREEN FOR DISORDERED EATING

For each question, fill in the checkbox in the column labelled with the response that is most applicable to you.

		YES	NO
1.	Do you often feel the desire to eat when you are emotionally upset or stressed?		
2.	Do you often feel that you can't control what or how much you eat?		
3.	Do you sometimes take steps to compensate or "make up" for eating to control your weight?		
4.	Are you often preoccupied with a desire for thinness or to change your weight or shape?		
5.	Do you believe yourself to be fat when others say you are thin?		

A "YES" response to 2 or more questions is a positive screening result and indicates that further evaluation is warranted.

NOTE: This screening tool is an adaptation of the Screen for Disordered Eating developed by Maguen et al. (2018), which has been validated for use in identifying potential eating disorders in people ages 18 and older.

Maguen, S., Hebenstreit, C., Li, Y., Dinh, J. V., Donalson, R., Dalton, S., Rubin, S., & Masheb, R. (2018). Screen for Disordered Eating: Improving the accuracy of eating disorder screening in primary care. *General Hospital Psychiatry*, 50, 20–25. doi: 10.1016/j.genhosppsych.2017.09.004

