

## EATING DISORDERS CHECKLIST

This checklist is designed as a measure of disorder symptomatology. It must be interpreted in the context of individual client circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

### A) Persistent Behaviours Interfering with Weight Gain

- ☐ Restriction of energy intake (food and drink) relative to physical requirements
- ☐ Engagement in purging behaviours (e.g. self-induced vomiting, excessive exercise)

### B) Concerns About Eating and Weight

- ☐ Intense fear of weight gain or of becoming fat
- ☐ Disturbance in the way one's body weight and shape is perceived, placing over-importance on the influence of body weight or shape on self-evaluation, or persistently failing to recognise the seriousness of low body weight

### C) Binge Eating Behaviours

- ☐ Eating an amount of food in a discrete time period that is definitely larger than what is normal for most individuals in a similar timeframe and circumstance, and feeling out of control whilst doing so
- ☐ Eating more rapidly than normal.
- ☐ Eating until uncomfortably full
- ☐ Eating large amounts when not hungry
- ☐ Eating alone due to embarrassment over the amount one is eating
- ☐ Feeling disgusted, depressed or guilty after the eating episode

### D) Physical symptoms

- ☐ Less than minimally expected body weight for age, gender, development stage and health status.

If a patient has experienced multiple symptoms from any or all of the above categories for at least a 3 month period, they may be experiencing an Eating Disorder such as anorexia nervosa, bulimia nervosa or binge eating disorder.

In this case, it is recommended that they be referred to a psychologist for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology at **[strategicpsychology.com.au](http://strategicpsychology.com.au)**.

#### Reference:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5)*. Washington, D.C.: American Psychiatric Association.