



**ARBOUR-HRI
HOSPITAL**

A Division Of Arbour Health System

Dear Colleague:

Binge eating is the most common of all eating disorders -- currently there are twenty-five million people worldwide who struggle with the disorder. A significant difficulty in treating the disorder is the fact that it can be hard to identify. Because obesity and emotional eating are very prevalent in our society, we often don't know when someone is actually struggling with binge eating disorder (BED). The following assessment can help you identify clients who may benefit from treatment from binge eating disorder.

This is often a difficult topic for people to discuss as one's relationship with food and weight is often very shameful. It may be helpful to approach the topic by telling the client that you want to ask her or him some questions because people don't realize that there is treatment for eating disorders and that they can get help and feel better. You want to reduce the level of shame the client feels in any way you can and this may help them answer questions more honestly. While most of us can relate to some of the questions below, a person with BED will answer yes to a many of them.

Getting answers will help you identify if there is significant distress around food or significant use of food to manage or numb feelings. If you feel your client may be struggling with binge eating disorder or bulimia, and have a co-occurring psychiatric disorder, the Arbour-HRI Hospital partial hospitalization or intensive outpatient program may be an appropriate fit. If you have questions about the appropriateness of a referral, call Allison Scrivens, Courage and Connection Clinical Coordinator, at 617-731-3200 x 191. If you have other questions regarding eating disorders or are looking for other avenues for treatment, contact the Massachusetts Eating Disorder Association or visit their website at www.medainc.org.

Sincerely,

The Staff at Courage and Connection
A program of the Women's Partial Hospitalization Program
Arbour-HRI Hospital



ARBOUR-HRI
HOSPITAL

A Division Of Arbour Health System

Assessment Questionnaire:

1. Do thoughts of food preoccupy your mind for much of the day?

not at all a tiny bit somewhat a fair amount a lot

2. Does your relationship with food feel out of control?

not at all a tiny bit somewhat a fair amount a lot

3. Do you feel extreme amounts of distress due to your eating habits?

not at all a tiny bit somewhat a fair amount a lot

4. Do you eat a lot of food in a short period of time?

not at all a tiny bit somewhat a fair amount a lot

5. Do you sometimes feel out of control when you eat?

not at all a tiny bit somewhat a fair amount a lot

6. Do you eat when you are not hungry?

not at all a tiny bit somewhat a fair amount a lot

7. Do you eat to soothe your feelings or distract yourself from uncomfortable thoughts?

not at all a tiny bit somewhat a fair amount a lot

8. Do you eat in secret?

not at all a tiny bit somewhat a fair amount a lot

9. Do you feel you can't stop eating or control what or how much you eat?

not at all a tiny bit somewhat a fair amount a lot

10. Do you at times feel like you are eating much more rapidly than usual?

not at all a tiny bit somewhat a fair amount a lot

11. Do you eat until you feel uncomfortably full?

not at all a tiny bit somewhat a fair amount a lot

12. Do you eat large amounts of food when you don't feel physically hungry?

not at all a tiny bit somewhat a fair amount a lot

13. Do you eat alone because you are embarrassed by what or how much you are eating?

not at all a tiny bit somewhat a fair amount a lot

14. Do you ever feel disgusted with yourself or very depressed after eating?

not at all a tiny bit somewhat a fair amount a lot

15. Do you feel significant distress about your eating habits?

not at all a tiny bit somewhat a fair amount a lot

16. How many times do you have these experiences?

not at all a tiny bit somewhat a fair amount a lot

17. Does binge eating happen on a regular basis (at least 2 times a week), if so, how often?

18. Do you ever use compensatory measures once you have eaten?

- by purging- making yourself vomit
- exercise
- laxatives
- Diuretics

19. If you answered yes for any of these, what are your daily habits?

20. Are you interested in addressing any of these issues in treatment?

Client Name: _____