

Suggestions for Evaluating Binge Eating Disorder

Questions	Other Items to Cover
<ul style="list-style-type: none"> • Do you ever eat in secret? • Have you ever made yourself sick because you felt you ate too much? • Do you ever feel like you can't control or stop eating? • Would you say food dominates your life? • Are you satisfied with how much and what you eat? • In what ways does your weight or body shape affect how you feel about yourself? • How has your weight fluctuated over the past six months? 	<ul style="list-style-type: none"> • Consider taking a 24-hour diet recall from both child and parents. • Always ask about compensatory measures such as weight loss supplements, diet pills, purging, and exercise. • Don't forget to ask about family history of eating disorders, as well as personal history of other eating disordered behaviors in the past.

Modified from the Eating Disorders Screen for Primary Care and SCOFF screening tools (Cotton M et al, *J Gen Intern Med* 2003;18(1):53-56)

From the full article:
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 by Sara Weekly, MD
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