

DISORDERED EATING SPECTRUM

<ul style="list-style-type: none"> • I am not concerned about what others think regarding what and how much I eat. • When I am upset or depressed I eat whatever I am hungry for without any guilt or shame. • I feel no guilt or shame no matter how much I eat or what I eat. • Food is an important part of my life but only occupies a small part of my time. • I trust my body to tell me what and how 	<ul style="list-style-type: none"> • I pay attention to what I eat in order to maintain a healthy body. • I may weigh more than what I like, but I enjoy eating and balance my pleasure with eating with my concern for a healthy body. • I am moderate and flexible in goals for eating well. • I try to follow Dietary Guidelines for healthy eating. 	<ul style="list-style-type: none"> • I think about food a lot. • I feel I don't eat well most of the time. • It's hard for me to enjoy eating with others. • I feel ashamed when I eat more than others or more than what I feel I should be eating. • I am afraid of getting fat. • I wish I could change how much I want to eat and what I am hungry for. 	<ul style="list-style-type: none"> • I have tried diet pills, laxatives, vomiting, or extra time exercising in order to lose or maintain my weight. • I have fasted or avoided eating for long periods of time in order to lose or maintain my weight. • I feel strong when I can restrict how much I eat. • Eating more than I wanted to makes me feel out of control. 	<ul style="list-style-type: none"> • I regularly stuff myself and then exercise, vomit, or use diet pills or laxatives to get rid of the food or calories. • My friends/family tell me I am too thin. • I am terrified of eating fat. • When I let myself eat, I have a hard time controlling the amount of food I eat. • I am afraid to eat in front of others.
FOOD IS NOT AN ISSUE	CONCERNED/WELL	FOOD PREOCCUPIED/OBSESSED	DISRUPTIVE EATING PATTERNS	EATING DISORDERED
<ul style="list-style-type: none"> • Body image is not an issue for me. • My body is beautiful to me. • My feelings about my body are not influenced by society's concept of an ideal body shape. • I know that the significant others in my life will always find me attractive. • I trust my body to find the weight it needs to be at so I can move and feel confident about my physical body. 	<ul style="list-style-type: none"> • I base my body image equally on social norms and my own self- concept. • I pay attention to my body and my appearance because it is important to me, but it only occupies a small part of my day. • I nourish my body so it has the strength and energy to achieve my physical goals. • I am able to assert myself and maintain a healthy body without losing my self-esteem. 	<ul style="list-style-type: none"> • I spend a significant amount time viewing my body in the mirror. • I spend a significant amount time comparing my body to others. • I have days when I feel fat. • I am preoccupied with my body. • I accept society's ideal body shape and size as the best body shape and size. • I believe that I'd be more attractive if I were thinner, more 	<ul style="list-style-type: none"> • I spend a significant amount of time exercising and dieting to change my body. • My body shape and size keep me from dating or finding someone who will treat me the way I want to be treated. • I have considered changing or have changed my body shape and size through surgical means so I can accept myself. • I wish I could change the way I look in the 	<ul style="list-style-type: none"> • I often feel separated and distant from my body—as if it belongs to someone else. • I hate my body and I often isolate myself from others. • I don't see anything positive or even neutral about my body shape and size. • I don't believe others when they tell me I look OK. • I hate the way I look in the mirror.
BODY OWNERSHIP	BODY ACCEPTANCE	BODY PREOCCUPIED/OBSESSED	DISTORTED BODY IMAGE	BODY HATE/DISASSOCIATION

CHECKLIST OF OBSERVABLE AND NON-OBSERVABLE SIGNS OF ED

- Does anything to avoid hunger and avoids eating even when hungry
 - Is terrified about being overweight or gaining weight
 - Obsessive and preoccupied with food
 - Eats large quantities of food secretly
 - Counts calories in all foods eaten
 - Disappears into the bathroom after eating
 - Vomits and either tries to hide it or is not concerned about it
 - Feels guilty after eating
 - Is preoccupied with a desire to lose weight
 - Must earn food through exercising
 - Uses exercise as punishment for overeating
 - Is preoccupied with fat in food and on the body
 - Increasingly avoids more and more food groups
 - Eats only nonfat or "diet" foods
 - Becomes a vegetarian (in some cases will not eat beans, cheese, nuts, and other vegetarian protein)
 - Displays rigid control around food: in the type, quantity, and timing of food eaten (food may be missing later)
 - Complains of being pressured by others to eat more or eat less
 - Weighs obsessively and panics without a scale available
 - Complains of being too fat even when normal weight or thin, and at times isolates socially because of this
 - Always eats when upset
 - Goes on and off diets (often gains more weight each time)
 - Forgoes nutritious food on a regular basis for sweets or alcohol
 - Complains about specific body parts and asks for constant reassurance regarding appearance
 - Constantly checks the fitting of belt, ring, and "thin" clothes to see if any fit too tightly
 - Checks the circumference of thighs particularly when sitting and space between thighs when standing
- Using substances that could affect or control weight such as:**
- Laxatives
 - Diuretics
 - Diet pills
 - Caffeine pills or large amounts of caffeine
 - Other amphetamines or stimulants
 - Herbs or herbal teas with diuretic, stimulant, or laxative effects
 - Enemas
 - Ipecac syrup (household item that induces vomiting for poison control)

EATING DISORDER RESOURCES

National Eating Disorder Association (NEDA)

- Toolkits for Parents/Family/Friends, Coaches, Educators at the National Eating Disorders Association website.
 - <http://www.nationaleatingdisorders.org/toolkits>

Mentor Connect

- Eating disorder support that is free and monitored 24 hours a day at Mentor Connect.
 - <http://www.mentorconnect-ed.org/>

Recovery Record

- Recovery Record app that allows clients and clinicians to connect for food and feelings logs.
 - <https://www.recoveryrecord.com/>
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