

BED self-assessment

Results

Note: This self-assessment is not a diagnostic tool. Only your doctor can diagnose BED.

The results indicate that your symptoms are **not consistent** with BED. If you do have questions or concerns about your eating habits, please consult your physician.

BED is a condition that should be diagnosed by a doctor. Bring these self-assessment results with you to your next doctor's appointment to help start a conversation about your symptoms.

During the last 3 months, did you have any episodes of excessive overeating (i.e., eating significantly more than what most people would eat in a similar period of time)?

Do you feel distressed about your episodes of excessive overeating?

During your episodes of excessive overeating, how often did you feel like you had no control over your eating (e.g., not being able to stop eating, feel compelled to eat or going back and forth for more food)?

Over the last 3 months, during your episodes of excessive overeating, how often did you continue eating even though you were not hungry?

Over the last 3 months, during your episodes of excessive overeating, how often were you embarrassed by how much you ate?

Over the last 3 months, during your episodes of excessive overeating, how often did you feel disgusted with yourself or guilty afterward?

Over the last 3 months, how often did you make yourself vomit as a means to control your weight or shape?