

## Guidelines to Assess Eating Disorders

### Screening Questions

- What is a typical day of eating for you? Do you go a long time between eating meals?
- Do you ever make yourself throw up, use laxatives, diet pills, or diuretics? If so, when was the last time you used these?
- Do you ever feel out of control when eating?
- Would you say food dominates your life?
- How tall are you? What do you weigh? Has there been significant weight loss or gain recently?
- How often do you weigh yourself? What has your weight range been?
- Do you believe yourself to be fat when others say you are too thin?
- What is your exercise regimen?

### Physical Exam

- Weight and height
- Undressed, empty bladder, morning weight
- Measurements taken by provider
- Ideally a consistent scale
- Vital signs, including heart rate, blood pressure (both lying and standing), and temperature
- Full physical

### Laboratory Tests:

#### For ALL patients

- EKG
- CBC with differential, full chemistry
- Full Thyroid panel
- Urinalysis
- Serum magnesium
- Phosphorus
- Amylase
- FSH, LH, Estradiol, Testosterone

- Fatigue
- Sleep Disturbances
- Dizziness/Fainting
- Weakness
- Chest Pain
- Shortness of Breath
- Depression, Anxiety
- Loss of muscle mass

# Review of Symptoms

## DSM -5 Diagnostic Criteria for Eating Disorder

### **Anorexia Nervosa - AN:** Two types- Restricting & Binge Eating/purging

- Restriction of energy intake relative to requirements leading to a significantly low body weight in the context of age, sex, developmental trajectory, and physical health
- Intense fear of gaining weight or becoming fat
- Disturbance in the way one's weight/shape is experienced, undue influence of weight/shape on self-evaluation, or denial of the seriousness of the current low body weight

### **Bulimia Nervosa - BN:** Two types- Purging and Non-purging (exercise)

- Recurrent binge episodes (large amount within a 2 hour period w/loss of control)
- Recurrent use of inappropriate behaviors to prevent weight gain (vomiting, laxatives, exercise, diet pills)
- Both bingeing and purging occur, on average, once a week for 3 months.
- Self-evaluation unduly influenced by weight/shape
- Does not meet criteria for anorexia

### **Binge Eating Disorder - BED:**

- Recurrent episodes of binge eating, as outlined under BN
- BED also associated with 3 or more of the following:
  - Eating rapidly
  - Eating until uncomfortably full
  - Eating large amounts of food when not hungry
  - Eating alone because of embarrassment
  - Feeling disgusted, guilty or depressed afterwards
- Marked distress regarding binge eating is present
- Binge eating occurs, on average, once a week for 3 months

### **Other Specified Feeding and Eating Disorders (OSFED):**

- Disturbance in eating behavior that does not fall into the specific category of Anorexia nervosa, Bulimia nervosa, or Binge eating disorder



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