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Initial Assessment

(If you would like to type your answers please click on each blue box and begin typing.)

What do you think causes you to be overweight?

How much weight would you like to lose?

Why do you want to lose weight?

What is the longest period of time you ever stayed on a diet?

What is the longest period of time that you kept off most of the weight you lost on a single diet?

How many times have you tried to lose weight in the past? (Please include any attempt, even if the attempt was very short.)

Please describe briefly on the back of this paper:

- a. The kinds of diets you have been on
- b. How successful each diet was

Binge Eating - (Click on each box to place a check mark)

Please answer all of these questions as honestly and accurately as possible. Please mark your answers in the space provided

1. How often do you binge eat?

- Never
- Seldom
- Once a month
- Once a week
- Almost every day

2. What is the average length of a binge eating episode?

- Less than 15 minutes
- 15 minutes to one hour
- One hour to four hours
- More than four hours

3. Which of the statements best applies to your binge eating?

- I eat until I have had enough to satisfy me.
- I eat until my stomach feels full.
- I eat until my stomach is painfully full.
- I eat until I can't eat anymore.

4. Do you ever vomit after a binge?

- Never
- Sometimes
- Usually
- Always

5. Which of the following best applies to your eating behavior when binge eating?

- I eat slower than usual
- I eat about the same as I usually do
- I eat very rapidly

6. How much are you concerned about your binge eating?

- Not bothered at all
- Bothers me a little
- Moderately concerned
- A major concern

7. Which best describes your feeling during a binge?

_____ I feel that I could control me eating if I choose

_____ I feel that I have at least some control

_____ I feel completely out of control

8. Which of the following describes your feeling after a binge?

_____ I feel fairly neutral, not too concerned

_____ I am moderately upset

_____ I hate myself

9. Which most accurately describes your feelings after a binge?

_____ Not depressed at all

_____ Mildly depressed

_____ Moderately depressed

_____ Very depressed

10. Describe a typical binge. What foods do you eat and about how much of each food do you eat?

Foods

Amounts

A large, light green circular area with a fine grid pattern, intended for the student to write their response to question 10. The circle is centered on the page and occupies most of the lower half of the page.