

# Questions to ask as a health professional if you suspect an eating disorder

- DO YOU FEEL PREOCCUPIED WITH YOUR EATING, SHAPE OR WEIGHT?
- DO YOU CHECK YOUR BODY OFTEN (MIRROR/REFLECTIONS)?
- DO YOU AVOID LOOKING AT YOUR BODY OR HIDE YOUR BODY?
- HAVE YOU CHANGED YOUR DIET IN THE PAST FEW MONTHS IN ORDER TO BRING ABOUT A CHANGE IN BODY COMPOSITION? IF SO, HOW?
- IN THE PAST FEW MONTHS, HAS YOUR WEIGHT CHANGED SIGNIFICANTLY? SPECIFY.
- DO YOU EVER FEEL LIKE YOU'VE EATEN TOO MUCH? DESCRIBE.
- DO YOU EVER FEEL OUT OF CONTROL OVER YOUR EATING?
- DO YOU EVER DO ANYTHING AFTER EATING TO TRY TO AVOID WEIGHT GAIN? IF SO, WHAT?
- DO YOU EXERCISE OUTSIDE OF YOUR PRESCRIBED TRAINING PLAN? SPECIFY.
- DO YOU EVER EXERCISE IN AN EFFORT TO TRY TO AVOID WEIGHT GAIN?

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