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Eating Habits

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Date Form Completed: d_form	Administration Type: admin	<input type="checkbox"/>
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E. Eating Habits

1. During the past 6 months, did you ever eat what most people, like your friends, would think was a *really big* amount of food?

edeat6mo

- 1 yes
2 no

→ If No,

Did you ever eat a *really big* amount of food within a short time (2 hours or less)?

edeat2hr

- 1 yes
2 no

→ If No,

2. When you ate a *really big* amount of food, did you ever feel that you could not stop eating? Did you feel that you could not control what or how much you were eating?

edcontrol

- 1 yes
2 no

→ If No,

3. During the past 6 months, how often did you eat a *really big* amount of food with the feeling that your eating was out of control? There may have been some weeks when you did not eat this way at all. and some weeks you may eaten like this a lot. but, *in general*, how often did this happen?

edfreq6m

- 1 less than 1 day a week
- 2 one day a week
- 3 two or three days a week
- 4 four or five days a week
- 5 almost every day

4. When you ate a *really big* amount of food and you could not control your eating, did you:

a) Eat *very fast*?

edfast

- 1 yes
- 2 no

b) Eat until your stomach hurt or you felt sick in your stomach?

edhurt

- 1 yes
- 2 no

c) Eat *really big amounts* of food when you were not hungry?

edbig

- 1 yes
- 2 no

d) Eat *really big amounts* of food during the day without regular meals like breakfast, lunch, dinner?

edday

- 1 yes
- 2 no

e) Eat by yourself because you did not want anyone to see how much you ate?

edalone

- 1 yes
- 2 no

f) Feel *really bad* about yourself after eating a lot of food?

edbad

- 1 yes
- 2 no

5. During the past 6 months, how bad did you feel when you ate too much or more food than you think is best for you?

edfeel1

- 1 not bad at all
- 2 just a little bad
- 3 pretty bad
- 4 very bad
- 5 very, very bad
- 6 i did not eat too much

6. How bad did you feel that you could not stop eating or could not control what or how much you were eating?

edfeel2

- 1 not bad at all
- 2 just a little bad
- 3 pretty bad
- 4 very bad
- 5 very, very bad
- 6 i did not lose control over my eating

7. During the past 6 months, has your weight or the shape of your body mattered to how you feel about yourself?

edshape

- 1 not important at all
2 somewhat important
3 pretty important
4 very important

8. During the past 3 months, did you ever make yourself vomit, throw up, or get sick to keep from gaining weight after a *really big* amount of food?

edvomit

- 1 yes
2 no

→ If No,

How often - on the average - did you do that?

edvcount

- 1 less than once a week
2 once a week
3 two or three times a week
4 four or five times a week
5 more than five times a week

9. During the past 3 months, did you ever take medicine (pills, liquid, gum, powder) that would *make you go to the bathroom* in order to *not gain weight* after eating a *really big* amount of food?

edmeds

- 1 yes
2 no

→ If No,

Were these laxatives (makes you have a bowel movement or b.m.) or *diuretics* (makes you urinate or pee)?

Check which one(s):

edlax value="1" Laxatives

eddiur value="1" Diuretics

eddk value="1" Don't know

During the past 3 months, did you ever take *more than twice* the amount you were told to take on the box or bottle?

edtwice1

- 1 yes
2 no

How often - on the average - did you do that?

edfreq1

- 1 less than once a week
- 2 once a week
- 3 two or three times a week
- 4 four or five times a week
- 5 more than five times a week



10. During the past 3 months, did you ever *not eat anything at all* for at least 24 hours (a full day) to keep from gaining weight after eating a *really big* amount of food

edfast24

- 1 yes
- 2 no



→ If No,

go to question 11

How often - on the average - did you do that?

edfreq2

- 1 less than once a week
- 2 once a week
- 3 two or three times a week
- 4 four or five times a week
- 5 more than five times a week



11. During the past 3 months, did you ever exercise *for more than one hour* at a time only to keep from gaining weight after eating a *really big* amount of food?

edex1hr

- 1 yes
- 2 no



→ If No,

go to question 12

How often - on the average - did you do that?

edfreq3

- 1 less than once a week
- 2 once a week
- 3 two or three times a week
- 4 four or five times a week
- 5 more than five times a week



12. During the past 3 months, did you ever take diet pills to keep from gaining weight after eating a *really big* amount of food?

edpills

- 1 yes
- 2 no



→ If No, End

Did you ever take *more than twice* the amount you were told to take on the box or bottle?

edtwice2

1 yes
2 no

How often - on the average - did you do that?

edfreq4

1 less than once a week
2 once a week
3 two or three times a week
4 four or five times a week
5 more than five times a week

Additional Comments: **edcomments**

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