



### How Has Dieting Interfered with Your Life?

**Directions:** This list includes consequences that result from dieting. (Note, this list is not all-inclusive.) Check all that apply to you.

| Physical   | Social  | Psychological   | Behavior  |
|--|---|---|---|
| <p><i>Do you have signs of ?</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Weight Gain</li> <li><input type="checkbox"/> Blunted metabolism</li> <li><input type="checkbox"/> Cravings for Carbs</li> <li><input type="checkbox"/> Blood Sugar Swings</li> <li><input type="checkbox"/> Disconnected from hunger cues?</li> <li><input type="checkbox"/> Disconnected from satiety cues?</li> <li><input type="checkbox"/> Chronically tired, even when sleeping well.</li> <li><input type="checkbox"/> Hair falling out, more than usual.</li> <li><input type="checkbox"/> If female: missed or inconsistent menses.</li> <li><input type="checkbox"/> Do you feel numb, physically?</li> <li><input type="checkbox"/> Other _____</li> </ul> | <p><i>When people are present do you__?</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I eat differently.</li> <li><input type="checkbox"/> I compare my food to what others are eating, such as                             <ul style="list-style-type: none"> <li>-Quantity</li> <li>-Type of Food</li> </ul> </li> <li><input type="checkbox"/> I worry about what people think about my eating.</li> <li><input type="checkbox"/> I worry about what people think about my body.</li> <li><input type="checkbox"/> I try to eat the same type and quantity of food that others are eating.</li> <li><input type="checkbox"/> I cancel social events because of the food or meals served.</li> <li><input type="checkbox"/> I avoid eating.</li> <li><input type="checkbox"/> My behavior and beliefs about my eating and body have interfered with relationships.</li> <li><input type="checkbox"/> Other _____</li> </ul> | <p><i>Do you have moods or thoughts of ?</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I worry about my eating.</li> <li><input type="checkbox"/> I have strict rules about eating.</li> <li><input type="checkbox"/> I count: calories, carbs, or other.</li> <li><input type="checkbox"/> Good versus Bad Food Thinking</li> <li><input type="checkbox"/> I feel guilty if I eat a 'bad' food.</li> <li><input type="checkbox"/> I have mood swings.</li> <li><input type="checkbox"/> I am afraid of feeling hungry.</li> <li><input type="checkbox"/> I am afraid of feeling too full.</li> <li><input type="checkbox"/> I don't trust my body.</li> <li><input type="checkbox"/> I am afraid that if I start eating 'forbidden' foods, I won't stop eating.</li> <li><input type="checkbox"/> Fantasize About Food</li> <li><input type="checkbox"/> I am pre-occupied by thoughts of what I eat and don't eat.</li> <li><input type="checkbox"/> Other _____</li> </ul> | <p><i>Do you engage this behavior_?</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> If I break a food rule, I eat even more of it.</li> <li><input type="checkbox"/> If I eat too much, I make up for it by skipping a meal or eating less food, even if I am hungry.</li> <li><input type="checkbox"/> I eat more food when I'm feeling stressed.</li> <li><input type="checkbox"/> Exercise only to burn calories or lose weight.</li> <li><input type="checkbox"/> Talk a lot about dieting, weight, and food?</li> <li><input type="checkbox"/> When I'm on vacation I ignore my food rules and eat whatever I want, no matter how full I feel.</li> <li><input type="checkbox"/> Binge eating.</li> <li><input type="checkbox"/> I avoid physical intimacy.</li> <li><input type="checkbox"/> Other _____</li> </ul> |