

Patient Name: _____

Date: _____

The following questions ask about your eating patterns and behaviors within the last 3 months. For each question, please choose the answer that best applies to you.

During the last 3 months did you have any episodes of excessive overeating (i.e., eating significantly more than what most people would eat in a similar period of time)?	Yes	No
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Note: If you answered “No” to the question above, you may stop. The remaining questions do not apply to you.

Do you feel distressed about your episodes of excessive overeating?	Yes	No
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Within the past 3 months...	Never or Rarely	Sometimes	Often	Always
During your episodes of excessive overeating, how often did you feel like you had no control over your eating (e.g., not being able to stop eating, feel compelled to eat, or going back and forth for more food)?				
During your episodes of excessive overeating, how often did you continue eating even though you were not hungry?				
During your episodes of excessive overeating, how often were you embarrassed by how much you ate?				
During your episodes of excessive overeating, how often did you feel disgusted with yourself or guilty afterward?				
During the last 3 months, how often did you make yourself vomit as a means to control your weight or shape?				