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| --- | --- | --- | --- |
|  |  | (Please, consider the last 6 months) | Presence of clinically significant impairment or distress due to the Eating behaviour |
|  |  |  | YES | NO |
| Grazing | ☐ | Do you find yourself picking or nibbling food continuously? | ☐ | ☐ |
| ☐ | Do you have a feeling of losing control over your eating while ‘grazing’? |
| ☐ | Have you ever felt compelled or driven to eat, even when not hungry? |
| Emotional eating | ☐ | Do you eat more or less depending on your mood or to feel better? | ☐ | ☐ |
| ☐ | Do you ever have a strong desire to eat when you feel sad, angry, worried or happy? |
| ☐ | Does your eating behaviour change according to your feelings? |
| Night eating | ☐ | Do you happen to get up during the night with the urge to eat something? | ☐ | ☐ |
| ☐ | When you wake up at night, do you happen to not fall asleep without eating anything? |
| ☐ | Do you eat when you wake up in the middle of the night? |
| Post-dinner eating | ☐ | Do you feel the compelled desire to eat something in the evening, after having a regular dinner? | ☐ | ☐ |
| ☐ | Do you happen to eat something after dinner to better sleep? |
| ☐ | Are you unable to fall slept if you don’t eat something before going to bed? |
| Craving for carbohydrates | ☐ | Do you happen to feel compelled desire to eat some kind of high-carbohydrate foods during all the day? | ☐ | ☐ |
| ☐ | Did ever happen to feel irritable, nervous, or sad when you stopped eating high-carbohydrate foods? |
| ☐ | Do you happen to feel a strong desire to eat high-carbohydrate foods when you reduce or stop eating them? |
| Sweet eating | ☐ | Do you consider yourself a greedy person? | ☐ | ☐ |
| ☐ | Could you resist not eating sweet foods? |
| ☐ | Do you happen to have a strong desire to eat some sweet food when you are anxious or depressed? |
| Prandial hyperphagia | ☐ | Do you happen to eat a large amount of food during principal meals? | ☐ | ☐ |
| ☐ | Do you take extra helpings during the principal meals? |
| ☐ | Compared to other diners, do you think your portions are much more abundant? |
| Social eating | ☐ | Do you happen to eat more than usual when you are with others? | ☐ | ☐ |
| ☐ | Do you usually eat more during social circumstances? |
| ☐ | Do you take advantage of the occasions when you are with friends / family to eat more than normal? |
| Binge eating | ☐ | Do you happen to eat large amounts of food in a short period of time while loosing control? | ☐ | ☐ |
| ☐ | If so, do you feel that you cannot stop eating or control what/how much you are eating? |
| ☐ | Do you feel unable to stop eating when you fall into a rapid eating episode? |