



# The Renfrew Center Eating Disorder Questionnaire

As your patients' most trusted healthcare resource, you are in a unique position to identify the presence of an eating disorder.

**This questionnaire was created to assist physicians and other medical professionals in diagnosing eating disorders.** Due to the diversity in eating disorder symptoms, this questionnaire may not catch all presentations; it can however illuminate several areas of concern for follow-up.

Ask your patient the following questions to determine if their behaviors and attitudes suggest an eating disorder based on their symptoms the past three months. It's important to note that disordered eating falls along a spectrum, and so the presence of "yes" answers, even, a few, can still suggest further examination. In addition to your interpretation of their answers, you may further assess a possible eating disorder using the decision trees on the back of this form.

**Patient Name**

**Home Address**

**Phone**

**Email**

**Yes No**

1. Do you often worry about gaining weight?
2. Do you often obsess about losing weight, being thinner or more muscular?
3. Do you ever eat a large amount of food and feel out of control?  
Daily      A few times per week      A few times per month  
Only on very rare occasions, like holiday meal
4. Do you ever try to purge so you won't gain weight?  
If yes, what method do you use to prevent gaining weight?  
Laxatives      Diuretics      Vomiting      Enemas  
Ipecac      Diet pills      Restricting insulin
5. Do you restrict your food intake in pursuit of weight loss? If yes, what method(s)?  
Limiting food groups      Limiting calories  
Skipping meals      Fasting (for non-religious reasons)
6. Do you avoid foods you don't deem "clean", "unprocessed", organic, or "whole"?
7. Do you obsess about your weight, shape, or size?
8. Do you ever wake up in the middle of the night to eat?  
Number of nights per week
9. Do you avoid food because of sensory characteristics, fear of aversive consequences or lack of interest?
10. Do you feel the need to exercise even when you're sick, injured, or tired?

# TYPES OF EATING DISORDER DIAGNOSES

## ANOREXIA NERVOSA (AN)

1. Restriction of energy intake relative to requirements leading to significantly low body weight in the context of age, sex, developmental trajectory and physical health.
2. Intense fear of gaining weight, becoming fat or persistent behavior that interferes with weight gain.
3. Disturbance in the way in which one's body weight or shape is experienced.

Binge Eating/  
Purging

YES



**Anorexia Nervosa,  
Binge Eating/  
Purging Type**

NO



**Anorexia Nervosa,  
Restricting Type**

## BULIMIA NERVOSA (BN)

1. Recurrent episodes of binge eating.
2. Recurrent inappropriate compensatory behaviors in order to prevent weight gain.
3. Binge eating and compensatory behaviors occur on average at least 1 time a week for 3 months.
4. Self-evaluation is unduly influenced by body shape and weight.
5. The disturbance does not occur exclusively during episodes of Anorexia Nervosa.

## BINGE EATING DISORDER (BED)

1. Recurrent episodes of binge eating.
2. Binge eating episodes are associated with 3 or more of the following:
  - Eating more rapidly than normal
  - Eating until uncomfortably full
  - Eating large amounts of food when not feeling physically hungry
  - Eating alone because of feeling embarrassed by how much one is eating
  - Feeling disgusted with oneself, depressed or very guilty afterward
3. Marked distress regarding binge eating
4. Binge eating occurs, on average, at least 1 time a week for 3 months.
5. Binge eating is not associated with inappropriate compensatory behavior.

## AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

1. Eating or feeding disturbance as manifested by persistent failure to meet appropriate nutritional and/or energy needs.
2. The disturbance is not better explained by lack of available food or by an associated culturally sanctioned practice.
3. The eating disturbance does not occur exclusively during the course of Anorexia Nervosa or Bulimia Nervosa.
4. The eating disturbance is not attributable to a concurrent medical condition or not better explained by another mental disorder.

## OTHER SPECIFIED FEEDING OR EATING DISORDER (OSFED)

1. Atypical Anorexia Nervosa - all criteria for Anorexia are not met.
2. Bulimia Nervosa (low frequency or limited duration).
3. Binge Eating Disorder (low frequency or limited duration).
4. Purging Disorder.
5. Night Eating Syndrome.



This diagnostic tool was derived from the criteria for eating disorders in the DSM-5 to help practitioners identify patients with eating disorders. It cannot account for the truthfulness of the answers, only for the self-reporting of each participant. It does not substitute for a clinical assessment. The Renfrew Center cannot be responsible for any harm arising from the use or misuse of this diagnostic tool.