

Name _____

Date _____

BEDS-7

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

1. 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

NOTE: IF YOU ANSWERED “NO” TO QUESTION 1, YOU MAY STOP. THE REMAINING QUESTIONS DO NOT APPLY TO YOU.

2. Do you feel distressed about your episodes of excessive overeating? Yes No

Within the past 3 months...

3. 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)?
4. During your episodes of excessive overeating, how often did you continue eating even though you were not hungry?
5. During your episodes of excessive overeating, how often were you embarrassed by how much you ate?
6. During your episodes of excessive overeating, how often did you feel disgusted with yourself or guilty afterward?
7. During the last 3 months, how often did you make yourself vomit as a means to control your weight or shape?

- Never or Rarely Sometimes Often Always
 Never or Rarely Sometimes Often Always