

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)?  Never or Rarely  Sometimes  Often  Always
4. During your episodes of excessive overeating, how often did you continue eating even though you were not hungry?  Never or Rarely  Sometimes  Often  Always
5. During your episodes of excessive overeating, how often were you embarrassed by how much you ate?  Never or Rarely  Sometimes  Often  Always
6. During your episodes of excessive overeating, how often did you feel disgusted with yourself or guilty afterward?  Never or Rarely  Sometimes  Often  Always
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