Screening questions for eating disorders

**Weight history**
- What was the patient’s maximum weight, and when was he or she this weight?
- What is the patient’s desired weight?
- How does the patient feel about the current weight?
- How frequently does the patient measure his/her weight?
- When did the patient begin to lose weight?
- What weight control methods have been tried?

**Diet history**
- What are the patient’s current dietary practices? (Ask for specifics, amounts, food groups, fluids, restrictions)
- Any binges? (Record frequency, amount of food ingested)
- Any purging? (Record frequency, amount of food purged)
- Abuse of diuretics, laxatives, diet pills, ipecac?

**Exercise history**
- Type of exercise? Frequency, duration, intensity?

**Menstrual history (for women)**
- Age at menarche? Regularity of cycles? Last normal menstrual period?

**Review of systems**
- *Central nervous system:* Dizziness, blackouts, weakness, fatigue?
- *Skin:* Pallor, easy bruising/bleeding?
- *Cardiovascular:* Palpitations, chest pain, dizziness, syncope?
- *Gastrointestinal:* Vomiting, diarrhea, constipation, fullness, bloating, abdominal pain, heartburn, symptoms of inflammatory bowel disease?
- *Endocrine:* Cold intolerance, hair loss, dry skin, menstrual irregularities, symptoms of hyperthyroidism, diabetes?
- *Musculoskeletal:* Muscle cramps, arthralgias, myalgias?
- *Psychological:* Adjustment to pubertal development, body image/self-esteem, anxiety, depression, obsessive-compulsive disorder?
- *Hematology-oncology/infectious disease:* Symptoms of malignancy or occult infection, weight loss, nocturnal diaphoresis, lymphadenopathy, abdominal mass?

**Family history**
- Obesity, eating disorders, depression, substance abuse/alcoholism?

**Social history**
- Activities at home and school?
- Substance use?
- Sexual history, sexual abuse?

Adapted from reference 1.

loss/change; current dietary intake and exercise practices; methods used for weight control, including compensatory behaviors (vomiting, dieting, exercise, insulin or growth hormone misuse, and/or use of diet pills, over-the-counter supplements, laxatives, ipecac, diuretics, etc.); menstrual history in females (including information on hormone replacement therapy, e.g., oral contraceptive pills); and a comprehensive history of growth and development, temperament and personality traits (1-4, 6). A complete physical examination may reveal the physical findings outlined in the box on page 40.