

TABLE 7.2. Clinical Interview Checklist

1. Demographic features; treatment history; circumstances surrounding the initiation of treatment and the decision to involve the family
2. Current body weight and weight history
 - a. Current weight and height
 - b. Weight range at current height
 - Highest and lowest weight
 - Highest stable weight prior to disorder onset
 - Chronology of weight changes year by year
3. Weight-controlling behavior (frequency, intensity, duration)
 - a. Dieting, fasting
 - b. Vomiting
 - c. Spitting food
 - d. Exercise
 - e. Substance misuse to control weight
 - Laxatives
 - Diuretics
 - Emetics
 - Amphetamines
 - Cocaine
 - Alcohol
4. Binge eating and eating behavior
 - a. Frequency of binge eating over past 3 months (note fluctuations and longest period of abstinence)
 - b. "Binge foods" (foods eaten and those that trigger episodes)
 - c. Typical times and settings for binge eating
 - d. Mood before, during, and after episodes
 - e. Experience of loss of control?
 - f. Description of eating
 - Intake when adhering to restrictive dieting
 - Intake when violating restrictive pattern
 - Estimated caloric intake when adhering to restrictive pattern
 - Specific dietary "rules"
5. Attitudes toward weight and shape
 - a. Level of disparagement (whole body and specific regions)
 - b. Misperceptions of shape
 - c. Hypothetical question: "If gaining 5 pounds would eliminate all symptoms, could you tolerate the gain?" What effect would the gain have on mood and self-esteem?
 - d. Frequency of weighings, weight preoccupations, intrusive thoughts about weight, response to weighing
 - e. Perception of others' attitudes about patient's weight
6. Physical symptoms (see Mitchell, Pomeroy, & Adson, Chapter 21, this volume, for details)
7. Psychological, interpersonal, and familial data
 Cover all standard assessment areas, with particular emphasis on depression, substance use disorders, impulse control, sexual abuse, vocational capacity, and quality of interpersonal and family relationships.

Garner, D., & Garfinkel, P. E. (1997). Handbook of Treatment for Eating Disorders (2nd ed). New York: The Guilford Press.