

Screen for Disordered Eating (SDE)

1. Do you often feel the desire to eat when you are emotionally upset or stressed? Yes NO
2. Do you often feel that you can't control what or how much you eat? Yes No
3. Do you sometimes make yourself throw up (vomit) to control your weight? Yes No
4. Are you often preoccupied with a desire to be thinner? Yes No
5. Do you believe yourself to be fat when others say you are thin? Yes No

1 point for each YES. Cut off Score = 2 Indicates need for further evaluation.

Maguen, Hebenstreit, Yongmei, Dinh, Donalson, Dalton, Rubin, & Masheb. (2018). Screen for Disordered Eating: Improving the accuracy of eating disorder screening in primary care. *Gen Hosp Psychiatry, 50*, 20-25.

<https://pubmed.ncbi.nlm.nih.gov/28987918/>