

Your weight and hormones:		
What is your BMI (as calculated from your weight (in kg) and height (in m) at present?)		
Are you clinically underweight? (See the guidelines above)	Yes	No
Have you experienced any changes in your hormonal functions? (Females: loss of periods; Males: loss of erection and loss of sexual interest; Both: feeling cold, or tired?)	Yes	No
Your fears and beliefs:		
Do you worry about your weight and shape?	Yes	No
Do you fear being fat or consuming fats in your diet?	Yes	No
Do you think that you are fat even when other people tell you otherwise?	Yes	No
Do you think that being thin is more important than anything else in your life?	Yes	No
Your eating behaviours, and weight control:		
Have your eating behaviours changed? (see list below)	Yes	No
• Do you restrict your diet?	Yes	No
• Do you try to avoid certain foods to control your weight?	Yes	No
• Do you calorie count?	Yes	No
• Do you eat secretly or avoid eating socially?	Yes	No
Do you use exercise to control your weight?	Yes	No

How many times a week and for how long?	Twice or more	Less than twice
Do you binge?	Yes	No
How many times a week?	Twice or more	Less than twice
Do you make yourself sick?	Yes	No
How many times a week?	Twice or more	Less than twice
Do you use laxatives or any other substances in order to control your weight?	Yes	No
How many times a week?	Twice or more	Less than twice
Do you use enemas to control your weight?	Yes	No
How many times a week?	Twice or more	Less than twice

The diagnosis is anorexia nervosa:

- If you are clinically underweight as a result of deliberate weight loss;
- If you continue to believe that you are fat, even when other people and the figures tell you that you are underweight;
- If you are preoccupied with your weight and shape most of the time;
- If your periods have stopped or if your libido has been lost;
- If your eating habits have changed. (If you also binge and purge, you have the purging subtype.)