

QUESTIONNAIRE BINGE EATING SCALE

1. Indicate which statement in each group **best describes how you feel.**

- I don't feel self-conscious about my weight or body size when I'm with others.
- I feel concerned about how I look to others, but it normally does not make me feel disappointed with myself.
- I do get self-conscious about my appearance and weight which makes me feel disappointed in myself.
- I feel very self-conscious about my weight and frequently, I feel intense shame and disgust for myself. I try to avoid social contacts because of my self-consciousness.

2. Indicate which statement in each group **best describes how you feel.**

- I don't have any difficulty eating slowly in the proper manner.
- Although I seem to "gobble down" foods, I don't end up feeling stuffed because of eating too much.
- At times, I tend to eat quickly and then, I feel uncomfortably full afterwards.
- I have the habit of bolting down my food, without really chewing it. When this happens I usually feel uncomfortably stuffed because I've eaten too much.

3. Indicate which statement in each group **best describes how you feel.**

- I feel capable to control my eating urges when I want to.
- I feel like I have failed to control my eating more than the average person.
- I feel utterly helpless when it comes to feeling in control of my eating urges.
- Because I feel so helpless about controlling my eating I have become very desperate about trying to get in control.

4. Indicate which statement in each group **best describes how you feel.**

- I don't have the habit of eating when I'm bored.
- I sometimes eat when I'm bored, but often I'm able to "get busy" and get my mind off food.
- I have a regular habit of eating when I'm bored, but occasionally, I can use some other activity to get my mind off eating.
- I have a strong habit of eating when I'm bored. Nothing seems to help me break the habit.

5. Indicate which statement in each group **best describes how you feel.**

- I'm usually physically hungry when I eat something.
- Occasionally, I eat something on impulse even though I really am not hungry.
- I have the regular habit of eating foods, that I might not really enjoy, to satisfy a hungry feeling even though physically, I don't need the food.
- Although I'm not physically hungry, I get a hungry feeling in my mouth that only seems to be satisfied when I eat a food, like a sandwich, that fills my mouth. Sometimes, when I eat the food to satisfy my mouth hunger, I then spit the food out so I won't gain weight.

6. Indicate which statement in each group **best describes how you feel.**

- I don't feel any guilt or self-hate after I overeat.
- After I overeat, occasionally I feel guilt or self-hate.
- Almost all the time I experience strong guilt or self-hate after I overeat.

7. Indicate which statement in each group **best describes how you feel.**

- I don't lose total control of my eating when dieting even after periods when I overeat.
- Sometimes when I eat a "forbidden food" on a diet, I feel like I "blew it" and eat even more.
- Frequently, I have the habit of saying to myself, "I've blown it now, why not go all the way" when I overeat on a diet. When that happens I eat even more.
- I have a regular habit of starting strict diets for myself, but I break the diets by going on an eating binge. My life seems to be either a "feast" or "famine."

8. Indicate which statement in each group **best describes how you feel.**

- I rarely eat so much food that I feel uncomfortably stuffed afterwards.
- Usually about once a month, I eat such a quantity of food, I end up feeling very stuffed.
- I have regular periods during the month when I eat large amounts of food, either at mealtime or at snacks.
- I eat so much food that I regularly feel quite uncomfortable after eating and sometimes a bit nauseous.

9.

Indicate which statement in each group **best describes how you feel.**

- My level of calorie intake does not go up very high or go down very low on a regular basis.
- Sometimes after I overeat, I will try to reduce my caloric intake to almost nothing to compensate for the excess calories I've eaten.
- I have a regular habit of overeating during the night. It seems that my routine is not to be hungry in the morning but overeat in the evening.
- In my adult years, I have had week-long periods where I practically starve myself. This follows periods when I overeat. It seems I live a life of either "feast or famine."

10.

Indicate which statement in each group **best describes how you feel.**

- I usually am able to stop eating when I want to. I know when "enough is enough."
- Every so often, I experience a compulsion to eat which I can't seem to control.
- Frequently, I experience strong urges to eat which I seem unable to control, but at other times I can control my eating urges.
- I feel incapable of controlling urges to eat. I have a fear of not being able to stop eating voluntarily.

11.

Indicate which statement in each group **best describes how you feel.**

- I don't have any problem stopping eating when I feel full.
- I usually can stop eating when I feel full but occasionally overeat leaving me feeling uncomfortably stuffed.
- I have a problem stopping eating once I start and usually I feel uncomfortably stuffed after I eat a meal.
- Because I have a problem not being able to stop eating when I want, I sometimes have to induce vomiting to relieve my stuffed feeling.

12.

Indicate which statement in each group **best describes how you feel.**

- I seem to eat just as much when I'm with others (family, social gatherings) as when I'm by myself.
- Sometimes, when I'm with other persons, I don't eat as much as I want to eat because I'm self-conscious about my eating.
- Frequently, I eat only a small amount of food when others are present, because I'm very embarrassed about my eating.
- I feel so ashamed about overeating that I pick times to overeat when I know no one will see me. I feel like a "closet eater."

13. Indicate which statement in each group **best describes how you feel.**

- I eat three meals a day with only an occasional between meal snack.
- I eat 3 meals a day, but I also normally snack between meals.
- When I am snacking heavily, I get in the habit of skipping regular meals.
- There are regular periods when I seem to be continually eating, with no planned meals.

14. Indicate which statement in each group **best describes how you feel.**

- I don't think much about trying to control unwanted eating urges.
- At least some of the time, I feel my thoughts are pre-occupied with trying to control my eating urges.
- I feel that frequently I spend much time thinking about how much I ate or about trying not to eat anymore.
- It seems to me that most of my waking hours are pre-occupied by thoughts about eating or not eating. I feel like I'm constantly struggling not to eat.

15. Indicate which statement in each group **best describes how you feel.**

- I don't think about food a great deal.
- I have strong cravings for food but they last only for brief periods of time.
- I have days when I can't seem to think about anything else but food.
- Most of my days seem to be pre-occupied with thoughts about food. I feel like I live to eat.

16. Indicate which statement in each group **best describes how you feel.**

- I usually know whether or not I'm physically hungry. I take the right portion of food to satisfy me.
- Occasionally, I feel uncertain about knowing whether or not I'm physically hungry. At these times it's hard to know how much food I should take to satisfy me.
- Even though I might know how many calories I should eat, I don't have any idea what is a "normal" amount of food for me.