



ACCANTO
HEALTH

Eating Disorder Assessment Tool

Use this quiz to screen for disordered eating behaviors. **Two or more “yes” answers strongly indicates the presence of disordered eating.** To speak with our admissions team about next steps, call 612-402-3061.

- Do you worry about your weight and body shape more than other people?
- Do you avoid certain foods for reasons other than allergies or religious reasons?
- Are you often on a diet?
- Do you feel your weight is an important aspect of your identity?
- Are you fearful of gaining weight?
- Do you often feel out of control when you eat?
- Do you regularly eat what others may consider to be a large quantity of food at one time?
- Do you regularly eat until feeling uncomfortably full?
- Do you hide what you eat from others, or eat in secret?
- Do you often feel fat?
- Do you feel guilty or depressed after eating?
- Do you ever make yourself vomit (throw up) after eating?
- Do you use your insulin in ways not prescribed to manage your weight?
- Do you take any medication or supplements to compensate for eating or to give yourself permission to eat?
- Do you exercise for the sole purpose of weight control?
- Have people expressed concern about your relationship with food or your body?



Accanto Health, through brands The Emily Program and Veritas Collaborative, provides compassionate eating disorder treatment around best practices and evidence-based care. With a range of services for children, adolescents, and adults, we offer Inpatient, Residential, Partial Hospitalization, Intensive Outpatient, and Outpatient levels of care. In-person and telehealth options are available.



Contact Us

Reach out to our admissions team at 612-402-3061 or complete an online form. We're here when you need us—7 days a week. We'll answer any questions, talk about what the patient is experiencing, collect information (name, contact info, and insurance details), and schedule an intake.



Eating Disorder Assessment

During intake, the patient will be asked a series of questions related to their relationship with food and body image. Then, an Intake Therapist will review their needs and work with them to develop a customized treatment plan.



Take the Next Step

After intake, we'll schedule an admission date and facilitate any necessary lodging so the patient can begin treatment.



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The Emily Program



VERITAS
COLLABORATIVE