



Eating Disorder Assessment Tool

The following questionnaire is a helpful tool to screen for disordered eating behaviors. If respondent answers “yes” to more than five questions, further assessment is warranted.

- 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 vomit after eating at least once per week?
- 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?



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.



Reach Out

From the moment you reach out to us, we will provide support, education, and guidance to ensure that you or your loved one receives the care needed.



Assess Your Needs

Our team of master's-level clinicians will complete a level of care assessment, collecting clinical and medical information to determine the next best step toward recovery.



Make a Plan

Once you receive a level of care recommendation, our team will review your insurance benefits, answer any questions, and schedule an admission date.



Take the Next Step

From admission day on, a multidisciplinary treatment team will work with you, your family, and your community of support to provide the skills and encouragement needed to foster lasting recovery.



Together we are stronger. Contact us today.

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