

# DIAGNOSING EATING DISORDERS WITH TYPE 1 DIABETES

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Traditional eating disorder screening tools lack the ability to discern whether affirmative answers are attributed to disordered eating or diabetes, and do not detect insulin omission.

Questions from the EAT-40 Eating Disorder Self-Test indicating risk for disordered eating that could also be considered good diabetes management:

1. I prepare foods for others, but eat something different myself.
2. I eat based on a time table rather than when I am hungry.
3. I have gone on eating binges where I feel like I can't stop or can't get enough to eat. (low bg)
4. I am aware of the calorie content of foods I eat.
5. I particularly avoid food with a high carbohydrate content.
6. I feel that others would prefer if I ate differently.
7. I exercise strenuously to control my weight.
8. I eat the same foods day after day.
9. I have rules about food that I follow rigorously.
10. I am preoccupied with the nutritional content of food.
11. I avoid foods with sugar in them.
12. I eat diet foods.
13. I feel that food controls my life.
14. I give too much time and thought to food.
15. I try to display self-control around food.
16. I feel that others pressure me to eat more or eat less.
17. I feel guilty after eating sweets.
18. I engage in dieting behavior.

Screening for eating disorders in people with T1D is recommended due to their increased risk of developing an eating disorder, as well as the associated morbidity and mortality.

Screening tool to detect early risk for disordered eating in any patient.

## Screen for Early Eating Disorder Signs (SEEDS)<sup>1</sup>

- 20 questions, ~5 minutes
- Assesses thoughts on body image, feelings and quality of life; doesn't assess weight control behavior such as insulin misuse.
- Available from Park Nicollet International Diabetes Center, St. Louis Park, MN

Screening tools to use when you suspect disordered eating.

## mSCOFF<sup>3</sup>

- 5 questions, ~2 minutes
- Quick assessment to determine if disordered eating thoughts or body image issues may be present.
- Quick assessment to determine if disordered eating thoughts or behaviors

## Diabetes Eating Problem Survey (DEPS and DEPS-R)<sup>2</sup>

- 16 questions, ~10 minutes
- Assesses thoughts on weight loss, food and diabetes management.
- Not for use as general screening of all patients as it could be suggestive.
- Available from Joslin Diabetes Center, Boston, MA

<sup>1</sup>Powers, MA, et al, *Development and Validation of SEEDS in T1D*, *Journal Treatment & Prevention*, Oct 2015, 24:3, 271-288.

<sup>2</sup>Markowitz, J, et al, *Brief Screening Tool for Disordered Eating in Diabetes*, *Diabetes Care*, Mar 2010, 33:3, 495-500.

<sup>3</sup>Zuidwijk, CS, et al, *The mSCOFF for Screening Disordered Eating in Pediatric T1D*, *Diabetes Care*, Feb 2014, 37:2, e26-e27.

