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Evaluation Guidelines for the Munich ED-Quest Questionnaire

DSM-5 based Diagnostic Algorithm („now“, last 3 months)

Please find subject‘s answers in the questionnaire to check fulfillment of diagnostic criteria.

Example: n03 stands for item 3 concerning the last three months (now)

p03 stands for item 3 concerning maximal symptom expression since age 12 (past)

item **n**03

item **p**03

Questionnaire

No.	Applies	Last three months					Maximal symptom expression/worst condition (= highest score 0-4) since age 12 over a period of 3 months				
		Not at all	Slightly	Markedly	Severely	Very severely	Not at all	Slightly	Markedly	Severely	Very severely
2	Whenever I do something it should be perfect.	0	1	2	3	4	0	1	2	3	4
3	I had an intense fear about gaining weight or becoming fat.	0	X	2	3	4	0	1	2	3	4
4	I did everything I could to prevent weight gain.	X	1	2	3	4	0	1	2	3	4

***Diagnostic criteria**:*

Diagnostic criterion	Item	Criterion fulfilled
Intense fear of gaining weight or behavior that interferes with weight gain	n03 ≥ 1 ✓ **OR** n04 ≥ 1 _____	Yes ☑ No ☐

Name: Pbnr.:

ED-Quest Diagnosis of Anorexia nervosa according to DSM-5 (AN)

sex: female □ male □

Diagnostic criterion	Item	Criterion fulfilled now
A. *Significantly low body weight* BMInow = kg/m^2:_____(n1a, n1f)	age now:_____ BMI now:_____ age / BMI women / BMI men 10-12 / ≤14.9 / ≤15.0 13-14 / ≤16.0 / ≤16.3 15-16 / ≤16.8 / ≤17.2 from 17 / ≤17.6 / ≤18.6	yes □ no □
B. *Intense fear of gaining weight or behavior that interferes with weight gain*	n03 ≥ 1_____**OR** n04 ≥ 1_____	yes □ no □
C. *Disturbance of body weight or shape experience, undue influence of body weight or shape on self-evaluation or lack of recognition of the seriousness of the current low body weight*	n05 ≥ 1_____ **OR** n09 ≥ 1_____**OR** n10 ≥ 1_____ **OR** n11 ≥ 1_____	yes □ no □
Criteria for diagnosis of Anorexia nervosa fulfilled ***(all criteria answered with yes)***		**yes □ no □**

Item			
n12a	Binge eating episodes	0	1 - 4
n52a	Self-induced vomiting	0	1 - 4
n53a	Laxatives	0	1 - 4
n54a	Diuretics	0	1 - 4
n55a	Appetite suppressants	0	1 - 4
n56a	Thyroid medication	0	1 - 4
n57b	Insulin treatment	0	1 - 4
n60a	enemas	0	1 - 4
n61a	emetics	0	1 - 4

At least one question answered 1-4? → □ **binge-eating/purging Type**

all questions answered 0? → □ **Restricting Type**

ED-Quest Diagnosis of Bulimia nervosa according to DSM-5 (BN)

Diagnostic criterion	Item	Criterion fulfilled now
A. *Binge eating episodes and loss of control*	n12a ≥ 1_____**AND** n12c at least 1000 kcal_____ **AND** n13 ≥ 1_____	yes □ no □
B. *Inappropriate compensatory behavior*	n52a ≥ 1_____ **OR** n53a ≥ 1_____ **OR** n54a ≥ 1_____ **OR** n55a ≥ 1_____ **OR** n56a ≥ 1_____ **OR** n57b ≥ 1_____**OR** n58a ≥ 1_____ **OR** n59a ≥ 1_____ **OR** n60a ≥ 1_____ **OR** n61a ≥ 1_____	yes □ no □
C. *frequencies of binge eating episodes and inappropriate compensatory behavior*	n12d ≥ 1_____ **AND** **[**n52b ≥ 1_____ **OR** n53b ≥ 1_____ **OR** n54b ≥ 1_____ **OR** n55b ≥ 1_____ **OR** n56b ≥ 1_____ **OR** n57c ≥ 1_____ **OR** n58b ≥ 1_____ **OR** n59b ≥ 1_____**OR** n60b ≥ 1_____ **OR** n61b ≥ 1_____ (**OR** combination ≥ 1_____)**]**	yes □ no □
D. *self-evaluation unduly influenced by weight and shape*	n05 ≥ 1_____	yes □ no □
E. *No AN diagnosis*	Diagnosis AN is ruled out_____	yes □ no □
Criteria for diagnosis of Bulimia nervosa fulfilled ***(all criteria answered with yes)***		**yes □ no □**

Name: Pbnr.:

ED-Quest Diagnosis of Binge Eating Disorder according to DSM-5 (BED)

Diagnostic criterion	Item	Criterion fulfilled now
A. *Binge eating episodes and loss of control*	n12a ≥ 1_____ **AND** n12c at least 1000 kcal_____ **AND** n13 ≥ 1_____ (identical with criterion A of BN)	yes □ no □
B. *Binge eating episodes are associated with three or more of the following*	n44a = yes_____ n44b= yes_____ n44c = yes_____ n44d = yes_____ n44e = yes_____ *Criterion fulfilled, if at least three items are answered with yes*	yes □ no □
C. *significant distress caused by binge eating episodes*	n14 ≥ 1_____	yes □ no □
D. *Frequency of binge eating episodes*	n12d ≥ 1_____	yes □ no □
E. *Binge eating is not associated with the recurrent use of inappropriate compensatory behavior*	n52a = 0_____ **AND** n53a = 0_____ **AND** n54a = 0_____ **AND** n55a = 0_____ **AND** n56a = 0_____ **AND** n57b = 0_____ **AND** n58a = 0_____ **AND** n59a = 0_____ **AND** n60a = 0_____ **AND** n61a = 0_____**AND** Diagnoses AN and BN are ruled out_____	yes □ no □
Criteria for diagnosis of Binge Eating Disorder fulfilled ***(all criteria answered with yes)***		**yes □ no □**

ED-Quest Avoidant/Restrictive Food Intake Syndrome according to DSM-5

Diagnostic criterion	Item	Criterion fulfilled now
A. *Persistent failure to meet appropriate nutritional and/or energy needs, associated with one or more of the following*	**[**n32a ≥1_____ **OR** n32b ≥1_____ **OR** n32c ≥1_____**]** **AND** **[**n33 ≥1_____ **OR** n34 ≥1 _____ **OR** n35 ≥1_____ **OR** n36 ≥1_____**]**	yes □ no □
C. *The eating disturbance does not occur exclusively during the course of AN or BN. No evidence of a disturbance in the way in which one's body weight or shape is experienced*	Diagnoses AN and BN are ruled out_____ **AND** n09 = 0_____ **AND** n10 = 0_____	yes □ no □
Criteria for Avoidant/Restrictive Food Intake Syndrome fulfilled ***(all criteria answered with yes)***		**yes □ no □**

ED-Quest Rumination Syndrome according to DSM-5

Diagnostic criterion	Item	Criterion fulfilled now
A. *Repeated regurgitation of food*	n51a ≥1_____	yes □ no □
C. *No AN, BN, BED or Avoidant/Restrictive Food Intake Syndrome diagnosis*	Diagnoses AN, BN, BED and Avoidant/Restrictive Food Intake Syndrome are ruled out_____	yes □ no □
Criteria for Rumination Syndrome fulfilled ***(all criteria answered with yes)***		**yes □ no □**

Name: Pbnr.:

ED-Quest Diagnoses of Other Specified Feeding or Eating Disorder according to DSM-5

Diagnostic criterion	Item	Criterion fulfilled now
Criteria for Eating and Feeding Disorders are not entirely fulfilled	**Diagnoses AN, BN und BED are ruled out**	**yes** □ **no** □

↓

Do only continue diagnostic process of Other Specified Feeding or Eating Disorder if criterion is fulfilled

Atypical AN

Diagnostic criterion	Item	Criterion fulfilled now
Criteria B and C of AN are fulfilled	Criterion B of AN fulfilled_____ **AND** Criterion C of AN fulfilled _____	yes □ no □
Significant weight loss within one year and additional BMI limits *BMImin = kg/m²_____(n1c)* *BMImax = kg/m²_____(n1b)*	(BMImin−BMImax) ≤ -3_____ **AND** ageBMImin−ageBMImax = 0−1_____(n1c, n1b) **AND** **[**agenow−ageBMImin = 0−1_____ **OR** BMInow: ≤ 18.5____**] AND** BMImax ≤ 25.00_____	yes □ no □
Criteria for diagnosis of Atypical AN fulfilled ***(all criteria answered with yes)***		**yes** □ **no** □

BN of low frequency and/or limited duration

Diagnostic criterion	Item	Criterion fulfilled now
Criteria A, B and D of BN are fulfilled	Criterion A of BN fulfilled_____ **AND** Criterion B of BN fulfilled _____ **AND** Criterion D of BN fulfilled _____	yes □ no □
Criteria for diagnosis of Atypical BN fulfilled ***(all criteria answered with yes)***		**yes** □ **no** □

BED of low frequency and/or limited duration

Diagnostic criterion	Item	Criterion fulfilled now
Criteria A, B, C and E of BED are fulfilled	criterion A of BED fulfilled _____ **AND** criterion B of BED fulfilled _____ **AND** criterion C of BED fulfilled _____ **AND** criterion E of BED fulfilled _____	yes □ no □
Criteria for diagnosis of Atypical BED fulfilled ***(all criteria answered with yes)***		**yes** □ **no** □

Name: Pbnr.:

Purging Disorder

Diagnostic criterion	Item	Criterion fulfilled now
Recurrent purging behavior to influence weight or shape	n12a = 0_____ **AND** **[**n52a ≥ 1_____ **OR** n53a ≥ 1_____ **OR** n54a ≥ 1_____ **OR** n55a ≥ 1_____ **OR** n56a ≥ 1_____ **OR** n57b ≥ 1_____ **OR** n60a ≥ 1_____ **OR** n61a ≥ 1_____**]**	yes □ no □
Criteria for diagnosis of Purging Disorder fulfilled ***(all criteria answered with yes)***		**yes □ no □**

Purging Disorder according to Keel & Striegel-Moore (2009)

Diagnostic criterion Keel & Striegel-Moore (2009)	Item	Criterion fulfilled now
Recurrent purging behavior to influence weight or shape	n52a ≥ 1_____ **OR** n53a ≥ 1_____ **OR** n54a ≥ 1_____ **OR** n55a ≥ 1_____ **OR** n56a ≥ 1_____ **OR** n57b ≥ 1_____ **OR** n60a ≥ 1_____ **OR** n61a ≥ 1_____	yes □ no □
Purging behavior is not associated with binge eating episodes	Criterion A of BN = no_____	yes □ no □
The purging behavior occurs on average at least once a week for 3 months	n52b ≥ 1_____ **OR** n53b ≥ 1_____ **OR** n54b ≥ 1_____ **OR** n55b ≥ 1_____ **OR** n56b ≥ 1_____ **OR** n57c ≥ 1_____ **OR** n60b ≥ 1_____ **OR** n61b ≥ 1_____(**OR** combination ≥ 1____)	yes □ no □
Undue influence of weight and shape on self-evaluation or fear of gaining weight or becoming fat	Criterion B of AN = yes_____ **OR** Criterion D of BN = yes_____	yes □ no □
Criteria for diagnosis of Purging Disorder according to Keel & Striegel-Moore (2009) fulfilled ***(all criteria answered with yes)***		**yes □ no □**

Night Eating Syndrome

Diagnostic criterion	Item	Criterion fulfilled now
Recurrent episodes of night eating	n15 ≥ 1_____**AND** **[**n16 ≥ 1_____ **OR** n17a ≥ 1_____**] AND** n17b ≥ 1_____	yes □ no □
Criteria for diagnosis of Night Eating Syndrome fulfilled ***(all criteria answered yes)***		**yes □ no □**

Name: Pbnr.:

ED-Quest Diagnoses/Syndromes

Feeding and Eating Disorders

Feeding and Eating Disorders	Crit A	Crit B	Crit C	Crit D	Crit E	Criteria fulfilled	Required for diagnosis	Diagnosis yes
Anorexia nervosa (AN)							3	☐
Type of AN: ☐ Binge-eating/Purging ☐ Restricting								
Bulimia nervosa (BN)							5	☐
Binge Eating Disorder (BED)							5	☐
Avoidant/Restrictive Food Intake Syndrome		not assessed		not assessed			2	☐
Rumination Syndrome		not assessed		not assessed			2	☐

Other Specified Feeding or Eating Disorder

	Diagnosis yes
Atypical Anorexia nervosa	☐
Bulimia nervosa of low frequency and/or limited duration	☐
Binge Eating Disorder of low frequency and/or limited duration	☐
Purging Disorder	☐
Purging Disorder Keel & Striegel-Moore (2009) criteria	☐
Night Eating Syndrome	☐