



LAURA CIPULLO
WHOLE NUTRITION SERVICES + YOGA

Disordered Eating Screening Questions for Therapists

This handout is designed to help therapists identify whether a client may be showing signs of disordered eating or a strained relationship with food, body image, exercise, or eating-related control. These questions are not diagnostic, but a “yes” response may suggest the need for further screening or referral to an eating-disorder-informed registered dietitian or other qualified clinician.

How to Use This Screening Tool

Use these questions as a conversational screening aid during intake, ongoing therapy, or when concerns arise about food, exercise, body image, or rigid health behaviors. If a client answers “yes” to any of the first five questions, continue with the second set of questions below; a greater number of “yes” responses may indicate a higher likelihood that the client would benefit from additional assessment and support.

Initial Screening Questions

Ask the client the following questions:

1. Do you eat differently when you are alone?
2. Do you weigh yourself more than once a week?
3. Do you drink diet soda or other diet beverages?
4. Do you label foods as “good” or “bad”?
5. Do you feel guilty if you miss exercise?

If the client answers “yes” to any of the questions above, continue with the follow-up questions below.

Follow-Up Questions

1. Do you prefer to eat at home to ensure your meals and snacks are healthier or lower calorie?
2. Do you limit social eating to maintain a healthy diet or maintain weight?
3. Have you missed important events to avoid eating?
4. Is traveling less appealing because of changes in exercise routine or lack of control over food?
5. Are you focused on how many bowel movements you have in a day?
6. Do you avoid certain social situations for fear of wearing a bathing suit or tight-fitting outfit?
7. Do you use ChatGPT or AI for nutrition advice?
8. Have you thought about taking, using, or are you currently using a GLP-1 receptor agonist?
9. Do you always feel hungry?



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Referral Resources

- Laura Cipullo Whole Nutrition and Yoga: lauracipullo.com
- Online course: [How to Be Your Own Nutritionist](#)
- Evidence-based screening and treatment resources: [USC School of Medicine Library Eating Disorders Guide](#)

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Referral Guidance

If responses suggest concern, consider referral for evidence-based screening and treatment evaluation. The University of South Carolina School of Medicine Library's professional resource guide lists several validated and clinician-facing tools, including the SCOFF Questionnaire, the Eating Disorder Diagnostic Scale (EDDS), a primary care checklist, and the SBIRT-ED tool, which is described as an easy-to-access screening, brief intervention, and referral resource for primary care providers.