

# SHAPE-UP

A LIFESTYLE PROGRAMME FOR WEIGHT MANAGEMENT



## Section C - About Your Eating (Part 2)

This is section C (part 2) of the Shape-Up questionnaire. Fill in the answers by clicking on the relevant option or filling in the boxes. Once you have completed all of the questions, you can view and print the first part of your personalised report.

Please note that you must fully complete this section and submit it. You cannot save partially completed sections. You will not be able to amend this section once submitted.

### First some questions about your current eating pattern

For each of these meals/snacks, indicate how often you've eaten them over the past 4 weeks:

Please ensure you tick one box on each line

almost never/never	1-3 times per week	4-6 times per week	every day
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Breakfast

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Lunch (mid-day meal)

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Evening Meal

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### Some of the things that affect your eating:

People give different reasons for eating so there are no right or wrong answers to the following questions. Please answer them as accurately as you can, to help us give you the best advice.

never    seldom    sometimes    often    very often

Do you have a desire to eat when you are irritated or cross?

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Do you have a desire to eat when you are depressed or discouraged?

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Do you have a desire to eat when you are feeling lonely?

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Do you have a desire to eat when you are bored or restless?

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Do you have a desire to eat when you are anxious, worried or tense?

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Do you try to eat less at mealtimes than you would like to eat?

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If food tastes good to you do you eat more than usual?

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If food smells and looks good to you do you eat more than usual?

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How often do you refuse food or drink offered to you because you are concerned about your weight?

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Do you deliberately eat foods that are slimming?

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Do you deliberately eat less in order not to become heavier?

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Do you take your weight into account with what you eat?

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If you have something delicious to eat, do you eat it straight away?

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If you see others eating do you also want to eat?

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## Binge eating

We want to find out whether or not you have binge eating problems so that we can give you the best advice. It is difficult to define a binge. Many people eat a lot on certain occasions, such as a wedding party - we do not call this a binge. Rather, we define a binge as eating an amount of food that is definitely larger than most people would eat in that time and situation. Please answer the following questions as best you can for the past 6 months.

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In the past 6 months, have you experienced any eating episode in which you ate, in say two hours or so, an amount of food that you know to be definitely larger than most people would eat in a similar time and situation?

yes

no

If NO, move on to next section

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How often has this happened in the past 6 months?

rarely

on average about  
once or twice a month

on average about  
once a week

on average twice a  
week or more often

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Once an episode has started, did you tend to feel unable to stop?

YES

NO

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In general, do you feel distressed about these eating episodes?

YES

NO

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## Your decision making for lifestyle change

Each statement below represents a thought that might occur to a person who is deciding whether or not to become more physically active or eat much more healthily. Please indicate how much you agree or disagree with each of the statements.

disagree      slightly disagree      slightly agree      agree

I would lose weight if I ate more healthily

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I am not organised enough to eat more healthily

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It would reduce my risk of heart trouble if I ate more healthily

---

Healthy foods don't taste as nice

---

I would look better if I ate more healthily

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My friends and/or family would undermine my efforts at eating more healthily

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It would reduce my risk of cancer if I ate more healthily

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Healthy foods don't fill me up

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I can't afford to eat more healthily

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I would have more energy if I ate more healthily

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