Manfred Fichter und Norbert Quadflieg

Evaluation Guidelines for the Munich ED-Quest Questionnaire

DSM-5 based Diagnostic Algorithm ("past")

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 Diagnoses past

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

sex: female □ male □

Diagnostic criterion	Item	Criterion fulfilled past
A. *Significantly low body weight (lowest BMI in the past)* BMImin = kg/m^2:_____(p1c, p1f)	age at lowest weight:_____ BMImin:_____ Age BMImin / BMImin women / BMImin men 10-12 / ≤14.9 / ≤15.0 13-14 / ≤16.0 / ≤16.3 15-16 / ≤16.8 / ≤17.2 ≥ 17 / ≤17.6 / ≤18.6	yes □ no □
B. *Intense fear of gaining weight or behavior that interferes with weight gain*	p03 ≥ 1_____**OR** p04 ≥ 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*	p05 ≥ 1_____ **OR** p09 ≥ 1_____**OR** p10 ≥ 1_____ **OR** p11 ≥ 1_____	yes □ no □
Criteria for diagnosis of Anorexia nervosa fulfilled ***(all criteria answered with yes)***		**yes □ no □**

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

Diagnostic criterion	Item	Criterion fulfilled past
A. *Binge eating episodes and loss of control*	p12a ≥ 1_____**AND** p12c at least 1000 kcal_____ **AND** p13 ≥ 1_____	yes □ no □
B. *Inappropriate compensatory behavior*	p52a ≥ 1_____ **OR** p53a ≥ 1_____ **OR** p54a ≥ 1_____ **OR** p55a ≥ 1_____ **OR** p56a ≥ 1_____ **OR** p57b ≥ 1_____**OR** p58a ≥ 1_____ **OR** p59a ≥ 1_____ **OR** p60a ≥ 1_____ **OR** p61a ≥ 1_____	yes □ no □
C. *Frequencies of binge eating episodes and inappropriate compensatory behavior*	p12d ≥ 1_____ **AND** **[**p52b ≥ 1_____ **OR** p53b ≥ 1_____ **OR** p54b ≥ 1_____ **OR** p55b ≥ 1_____ **OR** p56b ≥ 1_____ **OR** p57c ≥ 1_____ **OR** p58b ≥ 1_____ **OR** p59b ≥ 1_____**OR** p60b ≥ 1_____ **OR** p61b ≥ 1_____ (**OR** combination ≥ 1_____)**]**	yes □ no □
D. *Self-evaluation unduly influenced by weight and shape*	p05 ≥ 1_____	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 past
A. Binge eating episodes and loss of control	p12a ≥ 1_____ **AND** p12c at least 1000 kcal_____ **AND** p13 ≥ 1_____ (identical with criterion A of BN past)	yes □ no □
B. Binge eating episodes are associated with three or more of the following	p44a = yes_____ p44b= yes_____ p44c = yes_____ p44d = yes_____ p44e = yes_____ *Criterion fulfilled, if at least three items are answered with yes*	yes □ no □
C. Significant distress caused by binge eating episodes	p14 ≥ 1_____	yes □ no □
D. Frequency of binge eating episodes	p12d ≥ 1_____	yes □ no □
E. Binge eating is not associated with the recurrent use of inappropriate compensatory behavior	p52a = 0_____ **AND** p53a = 0_____ **AND** p54a = 0_____ **AND** p55a = 0_____ **AND** p56a = 0_____ **AND** p57b = 0_____ **AND** p58a = 0_____ **AND** p59a = 0_____ **AND** p60a = 0_____ **AND** p61a = 0_____	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 past
A. Persistent failure to meet appropriate nutritional and/or energy needs, associated with one or more of the following	**[**p32a ≥1_____ **OR** p32b ≥1_____ **OR** p32c ≥1_____**]** **AND** **[**p33 ≥1_____ **OR** p34 ≥1 _____ **OR** p35 ≥1_____ **OR** p36 ≥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 past and BN past are ruled out_____ **AND** p09 = 0_____ **AND** p10 = 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 past
A. Repeated regurgitation of food	p51a ≥1_____	yes □ no □
C. No AN, BN, BED	p51b = 0_____ **AND** p51c = 0_____	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

Atypical AN

Diagnostic criterion	Item	Criterion fulfilled past
Criteria B and C of AN are fulfilled	Criterion B of AN past fulfilled_____ **AND** Criterion C of AN past fulfilled _____	yes □ no □
Significant weight loss within one year and additional BMI limits *BMImin = kg/m²_____(p1c)* *BMImax = kg/m²_____(p1b)*	(BMImin−BMImax) ≤ -3_____ **AND** ageBMImin−ageBMImax = 0−1_____(p1c, p1b) **AND** agenow−ageBMImin > 1_____ **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 past
Criteria A, B and D of BN are fulfilled	Criterion A of BN past fulfilled_____ **AND** Criterion B of BN past fulfilled _____ **AND** Criterion D of BN past 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 past
Criteria A, B, C and E of BED are fulfilled	criterion A of BED past fulfilled _____ **AND** criterion B of BED past fulfilled _____ **AND** criterion C of BED past fulfilled _____ **AND** criterion E of BED past 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 past
Recurrent purging behavior to influence weight or shape	p12a = 0_____ **AND** **[**p52a ≥ 1_____ **OR** p53a ≥ 1_____ **OR** p54a ≥ 1_____ **OR** p55a ≥ 1_____ **OR** p56a ≥ 1_____ **OR** p57b ≥ 1_____ **OR** p60a ≥ 1_____ **OR** p61a ≥ 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 past
Recurrent purging behavior to influence weight or shape	p52a ≥ 1_____ **OR** p53a ≥ 1_____ **OR** p54a ≥ 1_____ **OR** p55a ≥ 1_____ **OR** p56a ≥ 1_____ **OR** p57b ≥ 1_____ **OR** p60a ≥ 1_____ **OR** p61a ≥ 1_____	yes □ no □
Purging behavior is not associated with binge eating episodes	Criterion A of BN past = no_____	yes □ no □
The purging behavior occurs on average at least once a week for 3 months	p52b ≥ 1_____ **OR** p53b ≥ 1_____ **OR** p54b ≥ 1_____ **OR** p55b ≥ 1_____ **OR** p56b ≥ 1_____ **OR** p57c ≥ 1_____ **OR** p60b ≥ 1_____ **OR** p61b ≥ 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 past = yes_____ **OR** Criterion D of BN past = 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 past
Recurrent episodes of night eating	p15 ≥ 1_____**AND** **[**p16 ≥ 1_____ **OR** p17a ≥ 1_____**] AND** p17b ≥ 1_____	yes □ no □
Criteria for diagnosis of Night Eating Syndrome fulfilled ***(all criteria answered yes)***		**yes □ no □**

Name: Pbnr.:

ED-Quest Diagnoses/Syndromes past

Feeding and Eating Disorders

Feeding and Eating Disorders	Crit A	Crit B	Crit C	Crit D	Crit E	Criteria fulfilled	Required for diagnosis	Diagnosis past yes
Anorexia nervosa (AN)							3	☐
Bulimia nervosa (BN)							4	☐
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 Past yes
Atypical Anorexia nervosa	☐
Bulimia nervosa of low frequency and/or limited duration (DIAGNOSIS NOT USED IF BN past IS ASSIGNED)	☐
Binge Eating Disorder of low frequency and/or limited duration (DIAGNOSIS NOT USED IF BED past IS ASSIGNED)	☐
Purging Disorder	☐
Purging Disorder Keel & Striegel-Moore (2009) criteria	☐
Night Eating Syndrome	☐