YOUR ANSWERS. YOUR PERSPECTIVE.

Binge-eating

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 22 / 22 | 4 PROFILE AREAS

1

Experienced room for choice

You describe eating at times as driven or difficult to shape yourself. This captures your experienced agency; it does not establish quantity, frequency or clinical classification of an eating episode.

2

Awareness while eating

You describe eating situations as partly difficult to follow or only noticed afterwards. Attention to their course, surroundings or tension is not always readily available in your account. Some responses differ substantially from this direction.

3

Individual responses matter

Awareness while eating: Scored responses range from 2 to 5/5 (items 10 & 11).

Your first small step

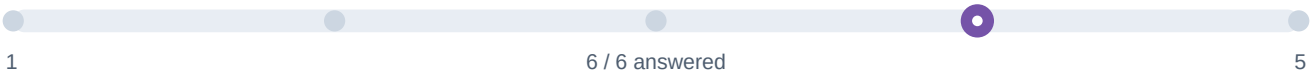
What external circumstances were present in an eating situation that felt unclear? Note them factually without turning them into a rule for eating.

02 / YOUR REPORT

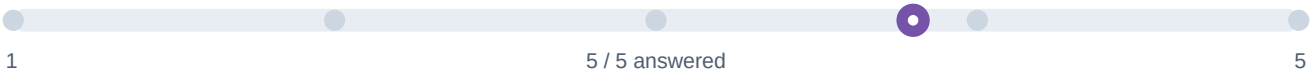
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

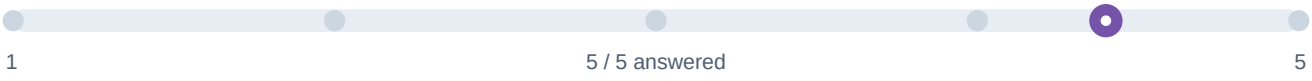
Experienced room for choice 4.0 / 5



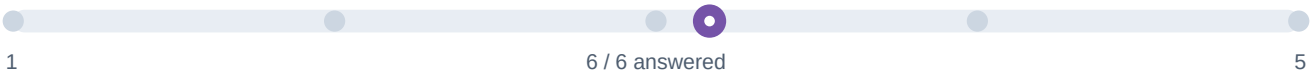
Awareness while eating 3.8 / 5



Feelings and surroundings 4.4 / 5



Afterwards and support 3.2 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The report describes experienced agency while eating, awareness, surrounding circumstances and after-effects. It does not count clinically defined binge episodes or establish binge-eating disorder.

Your result in words

Experienced room for choice: You describe eating at times as driven or difficult to shape yourself. This captures your experienced agency; it does not establish quantity, frequency or clinical classification of an eating episode.

Awareness while eating: You describe eating situations as partly difficult to follow or only noticed afterwards. Attention to their course, surroundings or tension is not always readily available in your account.

Awareness while eating: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 10: While eating, I could usually name how I was feeling at that moment. | Mostly true

Item 11: An eating situation passed into the next activity almost without my noticing. | Very true

Consider a possible everyday situation

What external circumstances were present in an eating situation that felt unclear? Note them factually without turning them into a rule for eating.

04 / YOUR REPORT

Experienced room for choice

Trace your responses and connect them with everyday situations.

This area concerns your subjective experience during particular eating situations. It does not determine whether a clinically defined binge episode occurred.

Your response value **4.0 / 5**



1 6 / 6 answered 5

What this means in practice

You describe eating at times as driven or difficult to shape yourself. This captures your experienced agency; it does not establish quantity, frequency or clinical classification of an eating episode.

Scale direction: less reported restriction of choice / more reported restriction of choice.

Two concrete responses

Item 3: An intention about how a meal would unfold was barely present in my mind while it was happening.

Your response: Partly true

Item 5: During an eating situation, I felt more driven by an urge than I wanted.

Your response: Very true

A prompt for further reflection

If you want to make a note, describe only when you would have liked more room for choice. You do not need to record foods or quantities.

When does this fit me - and when does it not?

05 / YOUR REPORT

Awareness while eating

Trace your responses and connect them with everyday situations.

These statements describe attention to and recollection of an eating situation. Limited attention alone is not an eating disorder and can have many causes.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe eating situations as partly difficult to follow or only noticed afterwards. Attention to their course, surroundings or tension is not always readily available in your account.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less reported lack of clarity / more reported lack of clarity.

Two concrete responses

Item 10: While eating, I could usually name how I was feeling at that moment.

Your response: Mostly true (reverse-scored in the calculation)

Item 11: An eating situation passed into the next activity almost without my noticing.

Your response: Very true

> **A prompt for further reflection**
>
> What external circumstances were present in an eating situation that felt unclear? Note them factually without turning them into a rule for eating.

When does this fit me - and when does it not?

06 / YOUR REPORT

Feelings and surroundings

Trace your responses and connect them with everyday situations.

This area concerns connections you notice between feelings, circumstances and eating. It does not establish a cause or judge any food.

Your response value **4.4 / 5**



1 5 / 5 answered 5

What this means in practice

You describe tension, loneliness or difficult circumstances occurring alongside eating situations that feel harder to shape. This shows a reported association, not a demonstrated cause.

Scale direction: less reported connection / more reported connection.

Two concrete responses

Item 16: Time pressure or a lack of personal space made eating situations feel less clear to me.

Your response: Partly true

Item 15: I could usually recognise which feelings were also present alongside eating.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

What pressure outside eating would you like to discuss with someone? You can record the wish for support without having to change your eating.

When does this fit me - and when does it not?

07 / YOUR REPORT

Afterwards and support

Trace your responses and connect them with everyday situations.

This area concerns the lingering impact of distressing eating situations and how easy they are to discuss. The statements make no moral judgement about your eating.

Your response value **3.2 / 5**



1 6 / 6 answered 5

What this means in practice

Your answers fall between “less reported lingering impact” and “more reported lingering impact”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less reported lingering impact / more reported lingering impact.

Two concrete responses

Item 17: After a distressing eating situation, its course stayed on my mind for a long time.

Your response: Mostly untrue

Item 22: After a difficult eating situation, I could also notice other aspects of my day.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

What kind of conversation would feel respectful to you? You may ask to be heard without comments about quantities, body shape or weight.

08 / YOUR REPORT

Your values clearly explained

Experienced room for choice

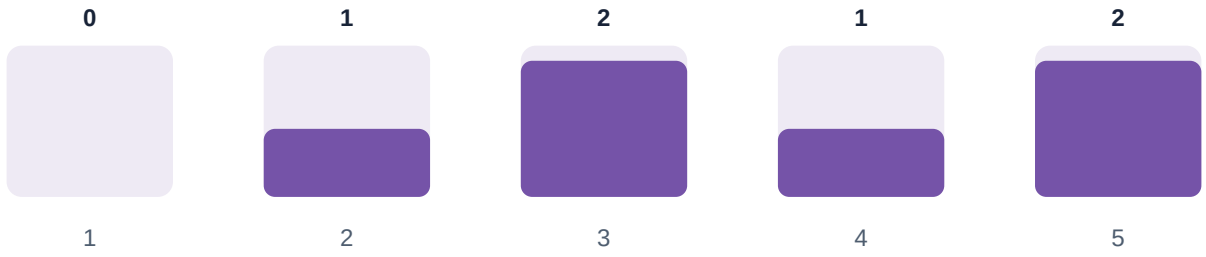
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 = 24. 24 / 6 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Awareness while eating. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

What external circumstances were present in an eating situation that felt unclear? Note them factually without turning them into a rule for eating.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

These original statements have not been clinically validated and are neither the BES nor a diagnostic interview. They do not reliably distinguish ordinary overeating from binge-eating disorder or assess complete diagnostic criteria. Averages describe only agreement with selected experiences. They provide no likelihood of illness, severity rating or eating or weight goals. Support for distressing experiences is available independently of a response value.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.27 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**While eating, I sometimes felt that I was following the course of events rather than shaping it myself.**	Experienced room for choice | Mostly true
2	**I found it difficult to act on a wish to redirect my attention while eating.**	Experienced room for choice | Very true
3	**An intention about how a meal would unfold was barely present in my mind while it was happening.**	Experienced room for choice | Partly true
4	**While eating, I could usually recognise that I was allowed to make my own choices.**	Experienced room for choice | Mostly untrue | reverse-scored
5	**During an eating situation, I felt more driven by an urge than I wanted.**	Experienced room for choice | Very true
6	**I could usually experience an eating situation at my own pace without feeling internally driven.**	Experienced room for choice | Partly true | reverse-scored
7	**Afterwards, I could remember the course of an eating situation only in fragments.**	Awareness while eating | Partly true
8	**While eating, my attention was so absorbed that I barely noticed my surroundings.**	Awareness while eating | Very true
9	**Only afterwards did I notice how tense I had been during an eating situation.**	Awareness while eating | Mostly true
10	**While eating, I could usually name how I was feeling at that moment.**	Awareness while eating | Mostly true | reverse-scored
11	**An eating situation passed into the next activity almost without my noticing.**	Awareness while eating | Very true
12	**After a tense day, I experienced eating more as an urge than as a conscious everyday activity.**	Feelings and surroundings | Very true
13	**For me, feeling lonely went along with eating situations that felt difficult to steer.**	Feelings and surroundings | Mostly true

Your responses in full / CONTINUED

14 **After a conflict, I found it difficult to distinguish my feelings from my experience of eating.**
Feelings and surroundings | Very true

15 **I could usually recognise which feelings were also present alongside eating.**
Feelings and surroundings | Not at all true | reverse-scored

16 **Time pressure or a lack of personal space made eating situations feel less clear to me.**
Feelings and surroundings | Partly true

17 **After a distressing eating situation, its course stayed on my mind for a long time.**
Afterwards and support | Mostly untrue

18 **After such a situation, I withdrew even though contact might have felt helpful.**
Afterwards and support | Partly true

19 **I found it difficult to describe what I had experienced while eating without putting myself down.**
Afterwards and support | Mostly true

20 **I could tell an appropriate person that an eating situation had distressed me.**
Afterwards and support | Partly true | reverse-scored

21 **Expecting unsuitable advice kept me from asking for support.**
Afterwards and support | Mostly untrue

22 **After a difficult eating situation, I could also notice other aspects of my day.**
Afterwards and support | Not at all true | reverse-scored