

# **Survey on Neurobehavioral Factors in Eating Disorder Perceptions**

Dear Students,

I kindly request your participation in completing a short questionnaire about eating disorders and their neurological aspects. I am an undergraduate student in the Department of Computer Science and Engineering at Daffodil International University. I am conducting a research study on the neurobehavioural factors involved in eating disorders. Your responses will help deepen our understanding of these issues, which will contribute to the development of better solutions and interventions. If you agree to participate, please answer all questions honestly and carefully. The questionnaire will take about 25-30 minutes to complete. Your responses will be treated confidentially and used only for research purposes.

Thank you very much for your cooperation.

Sincerely,

Hasan, Rakib

Undergraduate Student,

Department of Computer Science and Engineering,

Daffodil International University,

Daffodil Smart City (DSC), Birulia, Savar, Dhaka 1216, Bangladesh.

## **Section A: Demographic**

1. What is your age range?

- 18-24
- 25-34
- 35 or above

2. What is your gender?

- Male
- Female
- Other
- Prefer not to say

3. Please write the name of the city you currently live in \_\_\_\_\_.

4. What is your current level of education?

- Bachelor's degree 1st year
- Bachelor's degree 2nd year
- Bachelor's degree 3rd year
- Bachelor's degree 4th year
- Master's degree 1st year
- Master's degree 2nd year

5. What is your current employment status?

- Employed full-time
- Employed part-time
- Student
- Self-employed

6. What is your marital status?

- Single
- Married
- Divorced
- Widowed
- In a relationship

## Section B: Cognitive Control

1. If you have put on weight, do you eat less than you usually do?

- Never
- Seldom
- Sometimes
- Often

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

- Never
- Seldom
- Sometimes
- Often

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

- Never
- Seldom
- Sometimes
- Often

4. Do you watch exactly what you eat?

- Never
- Seldom
- Sometimes
- Often

5. Do you deliberately eat foods that are slimming?

- Never
- Seldom
- Sometimes
- Often

6. When you have eaten too much, do you eat less than usual the following days?

- Never
- Seldom
- Sometimes
- Often

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

- Never
- Seldom
- Sometimes
- Often

8. How often do you try not to eat between meals because you are watching your weight?

- Never
- Seldom
- Sometimes
- Often

9. How often in the evening do you try not to eat because you are watching your weight?
  - Never
  - Seldom
  - Sometimes
  - Often
  
10. Do you take into account your weight with what you eat?
  - Never
  - Seldom
  - Sometimes
  - Often

### **Section C: Affective Value Representation**

1. Do you have the desire to eat when you are irritated?
  - Never
  - Seldom
  - Sometimes
  - Often
  
2. Do you have a desire to eat when you have nothing to do?
  - Never
  - Seldom
  - Sometimes
  - Often
  
3. Do you have a desire to eat when you are depressed or discouraged?
  - Never
  - Seldom
  - Sometimes
  - Often
  
4. Do you have a desire to eat when you are feeling lonely?
  - Never
  - Seldom
  - Sometimes
  - Often
  
5. Do you have a desire to eat when somebody lets you down?
  - Never
  - Seldom
  - Sometimes
  - Often
  
6. Do you have a desire to eat when you are cross (feeling angry, irritated, or annoyed)?
  - Never
  - Seldom
  - Sometimes
  - Often
  
7. Do you have a desire to eat when you are approaching something unpleasant to happen?
  - Never
  - Seldom
  - Sometimes

- Often
- 8. Do you get the desire to eat when you are anxious, worried, or tense?
  - Never
  - Seldom
  - Sometimes
  - Often
- 9. Do you have a desire to eat when things are going against you or when things have gone wrong?
  - Never
  - Seldom
  - Sometimes
  - Often
- 10. Do you have a desire to eat when you are frightened?
  - Never
  - Seldom
  - Sometimes
  - Often
- 11. Do you have a desire to eat when you are disappointed?
  - Never
  - Seldom
  - Sometimes
  - Often
- 12. Do you have a desire to eat when you are emotionally upset?
  - Never
  - Seldom
  - Sometimes
  - Often
- 13. Do you have a desire to eat when you are bored or restless?
  - Never
  - Seldom
  - Sometimes
  - Often

## **Section D: Salience/Taste Processing**

1. If food tastes good to you, do you eat more than usual?
  - Never
  - Seldom
  - Sometimes
  - Often
2. If food smells and looks good, do you eat more than usual?
  - Never
  - Seldom
  - Sometimes
  - Often
3. If you see or smell something delicious, do you have a desire to eat it?
  - Never
  - Seldom

- Sometimes
  - Often
- 4. If you have something delicious to eat, do you eat it straight away?
  - Never
  - Seldom
  - Sometimes
  - Often
- 5. If you walk past the baker, do you have the desire to buy something delicious?
  - Never
  - Seldom
  - Sometimes
  - Often
- 6. If you walk past a snack bar or a café, do you have the desire to buy something delicious?
  - Never
  - Seldom
  - Sometimes
  - Often
- 7. If you see others eating, do you also have the desire to eat?
  - Never
  - Seldom
  - Sometimes
  - Often
- 8. Can you resist eating delicious foods?
  - Never
  - Seldom
  - Sometimes
  - Often
- 9. Do you eat more than usual when you see others eating?
  - Never
  - Seldom
  - Sometimes
  - Often
- 10. When preparing a meal, are you inclined to eat something?
  - Never
  - Seldom
  - Sometimes
  - Often

## **Section E: Body Image Processing**

1. On how many of the past 28 days have you had a definite desire to have a totally flat stomach?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day
2. On how many of the past 28 days have you felt fat?
  - No days

- 1-12 days
  - 13-27 days
  - Every day
- 3. On how many of the past 28 days has your weight influenced how you think about (judge) yourself as a person?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day
- 4. On how many of the past 28 days has your shape influenced how you think about (judge) yourself as a person?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day
- 5. On how many of the past 28 days how dissatisfied have you been with your weight?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day
- 6. On how many of the past 28 days how dissatisfied have you been with your shape?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day
- 7. On how many of the past 28 days how uncomfortable have you felt seeing your body (for example: seeing your shape in the mirror, in a shop window reflection, while undressing or taking a bath or shower)?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day
- 8. On how many of the past 28 days how uncomfortable have you felt about others seeing your shape or figure (for example: in communal changing rooms, when swimming, or wearing tight clothes)?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day

## **Section F: Reward Processing/Habit Formation**

1. On how many of the past 28 days have you been deliberately trying to limit the amount of food you eat to influence your shape or weight (whether or not you have succeeded)?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day

2. On how many of the past 28 days have you gone for long periods of time (8 waking hours or more) without eating anything at all in order to influence your shape or weight?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day
3. On how many of the past 28 days have you tried to exclude from your diet any foods that you like in order to influence your shape or weight (whether or not you have succeeded)?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day
4. On how many of the past 28 days have you tried to follow definite rules regarding your eating (for example: a calorie limit) in order to influence your shape or weight (whether or not you have succeeded)?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day
5. On how many of the past 28 days have you had a definite fear of losing control over eating?
  - No days
  - 1-12 days
  - 13-27 days
  - Every day
6. Do you eat specific foods habitually, even when you don't crave them?
  - Never
  - Seldom
  - Sometimes
  - Often
7. Do specific locations (like the kitchen) prompt you to eat habitually?
  - Never
  - Seldom
  - Sometimes
  - Often
8. Do you feel an automatic urge to eat when experiencing strong emotions?
  - Never
  - Seldom
  - Sometimes
  - Often
9. How often do you realize you're eating out of habit only afterward?
  - Never
  - Seldom
  - Sometimes
  - Often

**E**ating disorders are serious mental health problems that affect about 9% of people worldwide, which means over 70 million people are struggling with them. These disorders cause extreme changes in how people think, feel, and behave around food, weight, and body shape. They can be very dangerous, leading to severe health issues like malnutrition, heart problems, and even death.

## Common Types of Eating Disorders-

- **Anorexia Nervosa:** People with this disorder fear getting fat, so they eat very little and see themselves as overweight even when they're not.
- **Bulimia Nervosa:** People with bulimia eat a lot in a short time and then do things like vomiting or exercising a lot to avoid gaining weight.
- **Binge-eating disorder:** This is when someone eats a lot in a short time, feeling out of control, but they don't try to get rid of the food afterward.
- **Pica:** This is when someone eats things that aren't food, like dirt or hair.
- **Rumination Disorder:** People with this disorder bring food back up after eating it, either swallowing it again or spitting it out.
- **Avoidant/Restrictive Food Intake Disorder (ARFID):** People with ARFID avoid certain foods or don't eat enough, but it's not because they want to lose weight. It's often because they have trouble with the taste, texture, or worry about getting sick.

## Less Common Types of Eating Disorders-

- **Purging disorder:** Individuals with purging disorder often use purging behaviors, such as vomiting, laxatives, diuretics, or excessive exercising, to control their weight or shape. However, they do not binge.
- **Night eating syndrome:** Individuals with this syndrome frequently eat excessively at night, often after awakening from sleep.
- **Other specified feeding or eating disorder (OSFED):** While it is not found in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, this category includes any other conditions that have symptoms similar to those of an eating disorder but don't fit any of the disorders above.

## Section G: Perception of Eating Disorder

1. Do you think you have an eating disorder?
  - No, I don't believe I do
  - Yes, I believe I do