**Questionnaire for the request for help;** Eating disorders / disturbed behavior in addition to nutrition.

***Please complete the topics below to your personal situation. Some topics may not need to be, or cannot be filled in, please leave these topics ‘blanco’.***

***All completed information is handled carefully and confidentially. All information on this form remains private, between the dietician and client.***

Referrer: (Doctor / General practitioner / N/A)

History:(syndromes, treatments)

Medication (past/ present):

Allergies:  
(research / tests):

Request for help by the client / request for help by the referrer / or request for help by the parent(s), caregiver(s):

Weight history / eating disorder history:

Weight changes/ weight in kg/ time frame:

Symptoms / feelings / complaints perceptible (changes perceptible in menstruation / cycle):

Triggers in addition to eating disorder:

Movement pattern/ triggers:

Use of social media (hours per day) / influence / topics that are followed:

Prescribe your body image:

Focus / obsession with/on certain body parts:

Goals:

What has the client done/undertaken in recent times in terms of activities/hobbies:

School and work:

Anorectic voice or thoughts/ compulsive thoughts/actions:

(Developed) Rituals around food:

Depressive thoughts:

Changes in meals / food intake?

Fights/tensions in family around mealtimes (around the table)? :

Weighing oneself: Weighing frequency: Obsessive/compulsive?

Own target weight, thoughts on this:

Diet and fluid intake, time: (this may also be noted in the food diary)  
*Breakfast:*

*Lunch:*

*Dinner:*

*Snacks:*

*Drinks:*

Vegetarian or Vegan eating habits? when do you come about?

Compensation methods in addition to intake of food or metabolism / digestion? Which one(s)?

Intestinal complaints/ abdominal complaints / digestive complaints?

Psychiatry:

Mood:

Indications of autism:

Suicidal thoughts:

Self-mutilation:

Substance abuse:

Compulsive thoughts:

Addiction problems:

Toilet visit - Defecation: Urine and feces (difficulties? Change noticeable, which one?):

***(Please, draw a circle around which symptoms fits the situation)***

Hair loss/ lack of menstruation / cold (temperature) / low energy / tired / hair loss / dry skin / poorer memory / sweating (excessive) / low blood sugars / sick faster / headache / bad mood (stimulated quickly) / concentration problems / reduced strength / angry / fears / panic attacks / palpitations / palpitations / down hair growth / trembling / complaints joints / pain / fainting or fainting sensation / pain when urinating / sensitivity back and butt bones / blurred vision / binge eating (carbohydrates / sweet hunger) / skin color changes (paler) / gum infections - bleeding in the mouth / disturbed nail growth or breakdown / delayed wound healing /

Laboratory examination(s):

Mental health care/GGD:

LEVVEL:

Medical Assistance so far: Name, therapy, and data:

**Family anamnesis: (which of the following health subjects occur(ed) in relatives (only with grandparents / father, mother, sisters, brothers, aunts (not married with direct family), uncles (not married with direct family), cousins – Please note for the following health subjects;**

Eating disorders:

Psychiatric disorders:

Health problems;

Addiction problems:

**Social anamnesis:**

Family situation:

Parental authority:

School/childcare/absence of care:

Hobbies past/present:

***Thank you for filling in the form and see you soon at the intake consultation.***

**Digital consultations can be done with the following programs.**

Zoom, Skype, FaceTime, WhatsApp video (or possibly in consultation with another program).

**Website; For further information:** [**www.ddietist.nl**](http://www.ddietist.nl) / [**www.ddietist.com**](http://www.ddietist.com) / [**www.theholisticdietician.com**](http://www.theholisticdietician.com) **/ .nl**

**Practice address Netherlands (Part-time) & Digital consultations.**

Health Center Rheastraat

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NL-1076DS Amsterdam

**Owner/founder; Holistic (Nature) Dietitian, Cognitive Behavioral Therapist, Eating Psychology coach, eating disorder coach; Dietetics, Psychology and Spirituality.**

Dascha Willemsen

**Email address:** info@ddietist.nl

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**Also**:

[www.dietetiekstudies.nl](http://www.dietetiekstudies.nl) / [www.dietetiekstudies.com](http://www.dietetiekstudies.com)

Podcast - Courses for Consumers & Specializations for Dietitians & Nutrition for General Practitioners and POH.