

The Diabetes Eating Problem Survey-Revised (DEPS-R)

The Diabetes Eating Problem Survey – Revised (DEPS-R) is a screening tool that has been designed to screen adolescents and adults with type 1 diabetes who may have an eating disorder. It asks questions about eating habits, diabetes control, insulin misuse, and other compensatory behaviours. This is a screening tool, not a diagnostic tool, and can help facilitate further assessment or referral.

Do you take insulin? Yes No If No, do not complete this form. Living with diabetes can sometimes be difficult, particularly regarding eating and diabetes management. Listed below are a variety of statements regarding diabetes management. For each statement, tick (✓) the ONE answer that indicates how often this is true for you during the PAST MONTH.						
How often this is true for you during the past month...	Never	Rarely	Sometimes	Often	Usually	Always
Losing weight is an important goal to me	0	1	2	3	4	5
I skip meals and/or snacks	0	1	2	3	4	5
Other people have told me that my eating is out of control	0	1	2	3	4	5
When I overeat, I don't take enough insulin to cover the food	0	1	2	3	4	5
I eat more when I am alone than when I am with others	0	1	2	3	4	5
I feel that it's difficult to lose weight and control my diabetes at the same time	0	1	2	3	4	5
I avoid checking my blood sugar when I feel like it is out of range	0	1	2	3	4	5
I make myself vomit	0	1	2	3	4	5
I try to keep my blood sugar high so that I will lose weight	0	1	2	3	4	5
I eat in a way to get ketones in my urine	0	1	2	3	4	5
I feel fat when I take all of my insulin	0	1	2	3	4	5
Other people tell me to take better care of my diabetes	0	1	2	3	4	5
After I overeat, I skip my next insulin dose	0	1	2	3	4	5
I feel that my eating is out of control	0	1	2	3	4	5
I alternate between eating very little and eating huge amounts	0	1	2	3	4	5
I would rather be thin than have good control of my diabetes	0	1	2	3	4	5
Sub-totals						
Scoring instructions: 1. Calculate the mean of all non-missing items. 2. Multiply this value by 16. Possible total score 0 to 80. A score >20 indicates more disordered eating behaviour and warrants in depth conversations/referrals.					TOTAL SCORE	/80

Markowitz, J. T., Butler, D. A., Volkeneing, L. K., Antisdel, J. E., Anderson, B. J., & Laffel, L. M. (2010). Brief Screening Tool for Disordered Eating in Diabetes: Internal Consistency and External Validity in a Contemporary Sample of Pediatric Patients with Type 1 Diabetes. *Diabetes Care*, 33, 495-500.