

# 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 evaluation or referral to specialists.

<b>Do you take insulin?    Yes    No    If No, do not complete this form.</b>						
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.						
<b>How often this is true for you during thepast month...</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Usually</b>	<b>Always</b>
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 controlmy 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	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 to have good control of my diabetes	0	1	2	3	4	5
<b>Sub-totals</b>						
<b>Scoring instructions:</b> 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.				<b>TOTAL SCORE</b>		/80

Markowitz, J. T., Butler, D. A., Volkening, 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.