

Appendix 3. Worksheet for case conceptualisation of eating disorder (ed)

		Descriptions	Present +	Absent -
1.	Symptoms related to eating, appearance, weight Behavioral, Cognitive, Emotional, Physical, Interactional			
2.	Distressing memories interfering with daily life and inducing stress			
2.	Triggers in the present for these memories			
4.	(Lack of) Skills -social -affect regulation			
5.	(In-) Adequate functioning in: -family -school/work -peers			
6.	Aspiration level Too high/ adequate/ too low			
7.	Mood problems			

8	Comorbidity			
9	Details of -Developmental history (evt. traumatic experiences) -Psychological diagnostic research (neuropsychological vulnerabilities)			
10	Diagnosis DSM-5 or ICD 10			
11	Supposed function of ed			
12	Treatment plan (goals, intervention, sequence)			