

ROAR Report - Personal

Your responses to the questions on the 'I Need a Report' tab have been used to create two reports. This report, the *ROAR Report*, is for your own use. The second report is for you to show to a health professional when you seek assistance for your eating and body concerns. You can choose to print one, both, or neither of the reports.

The report has different sections that provide summaries of your responses. Use this report to better understand the extent of your eating and body concerns, and any impact these are having on you. The summaries will also help you consider your options for seeking help. It may not have been possible to provide summaries for some sections if you missed a few questions. To get a report for these sections, go back and enter responses for the questions you missed.

DO I HAVE A PROBLEM?

These questions are about your eating and body image over the last few weeks

DIETING AND EATING RESTRICTION BEHAVIOURS

What you have reported today shows that you are really struggling with eating, particularly with trying to limit or restrict your eating and having strict rules about your eating.

This is really concerning. Regularly dieting and restricting your eating can have a very serious impact on your physical and emotional health.

Reaching out to seek help for your dieting and eating behaviours would be a very helpful thing to do and would be strongly recommended that you do this as soon as possible.

EATING BEHAVIOURS

It seems like you are having some difficulties with your eating behaviours and that overeating and feeling out of control are problems for you. This can be worrying. Problems with overeating and feeling out of control can be distressing. If these problems cause you distress or continue to happen, even rarely, reaching out to seek help would be an important next step.

THOUGHTS ABOUT EATING

Worries about needing to control eating and feeling guilty about eating seem to be really problematic for you at the moment.

This is very concerning as these feelings and worries can make other problems around eating much worse.

Talking with a health professional about your need to control eating and feeling guilty about eating would be a really good idea.

THOUGHTS ABOUT BODY IMAGE

Your answers show that you are really struggling with body concerns. You are concerned with your weight, shape, or size and these concerns can affect how you see yourself as a person.

It is very worrying that you have these concerns. Body dissatisfaction is highly distressing and upsetting and can cause a lot of problems for health and wellbeing.

Seeking help for your body concerns would be a really good idea and is strongly recommended.

BEHAVIOURS TO CONTROL WEIGHT, SHAPE, AND BODY SIZE

The way that you are trying to control your weight, shape, and body size with some unhealthy behaviours seems to be a problem for you. Use of these behaviours is concerning and can lead to problems for physical and emotional health. Talking with a health professional about these behaviours would be useful for you.

SHOULD I GET HELP?

These questions are about the impact of your eating and body concerns on your health and wellbeing over the past few weeks.

PHYSICAL WELLBEING

It seems like your eating and body concerns are not having much of an effect on your physical health. This is good to know. However, if you should notice changes in your physical health, think about getting them checked out.

EMOTIONAL WELLBEING

Your answers show that you are struggling with your emotional wellbeing as a result of your eating and body concerns. You have noticed that these concerns affect your mood and how you feel about yourself. The impact on your emotional wellbeing is troubling. Emotional impacts can be distressing and affect other parts of your life. Consider seeking help for your emotional difficulties as well as the eating and body concerns that are causing them.

ENJOYING AND PARTICIPATING IN EVERYDAY LIFE

It seems as though eating and body concerns are getting in the way of your relationships and you being able to be involved in everyday life. This is concerning if you are not able to live your life to the full. Consider how seeking help will be useful not only for your eating and body concerns, but also for how they are affecting personal relationships and engagement with life.

I WANT AND NEED HELP

These questions are about how you feel about seeking help and making changes. Making changes means reducing dieting and restriction, binge eating and overeating, exercise and other behaviors used to control weight, shape and size.

THOUGHTS ABOUT MAKING CHANGE

Like many people, you are struggling with the idea of making changes to your eating and body concerns. It is very courageous to reach out for help and try to recover and every little step you take will help you feel more ready, and more confident of making meaningful change. Remember that it is natural to be unsure about how to make positive changes. Seeking professional help will assist you to learn new ways to look after yourself and the best approaches to letting go of eating and body concerns.

FEELINGS ABOUT SEEKING HELP

It seems like you are a bit worried about how others would react if you opened up about your eating and body concerns or you are feeling a bit uncomfortable about trying to make positive changes. It is really common for people to be a bit concerned about what it will be like when they seek help for eating and body concerns. Try to focus instead on all of the positives you have to gain from seeking help and don't allow your fears to stop you from taking the steps you need for recovery.

This report was generated on 09/Apr/2019

REACH OUT AND RECOVER



¹ Experts were Senior Clinicians at the Victorian Centre of Excellence in Eating disorders; Psychiatrists, Dietitians, and Psychologists with expertise in eating disorders

² Hart, LM, Granillo, MT, Jorm, AF, & Paxton, SJ. (2011). Unmet need for treatment in the eating disorders: A systematic review of eating disorder specific treatment seeking among community cases *Clinical Psychology Review*, 31, 727-735.