

Boxes 1 & 2.

Box 1. Possible Signs of Diabulimia (Diabetes UK, 2017)

- Losing weight or variable weight
- High HbA1c
- Frequent DKA
- Symptomatic Hyperglycaemia (polyuria, polydipsia, lethargy, thrush)
- Early onset of diabetes complications
- Injecting insulin in secret or avoidance of injections.
- Refusal of being weighed in clinic
- Missed diabetes appointments
- Limited glucose monitoring/ reluctance to self-monitor
- Signs of depression or anxiety
- Amenorrhoea
- Changes in appetite
- Obsessive calorie counting (more than require for effective carbohydrate counting)
- Distorted body image
- Withdrawal from usual activities
- Unusual food patterns/eating habits

Box 2: Diabetes Eating Problem Survey (Markowitz et al, 2010)

- Losing weight is an important goal to me
- I skip meals and/or snacks
- Other people have told me that my eating is out of control
- When I overeat, I don't take enough insulin to cover the food
- I eat more when I am alone than when I am with others
- I feel that it's difficult to lose weight and control my diabetes at the same time
- I avoid checking my blood sugar when I feel like it is out of range
- I make myself vomit
- I try to keep my blood sugar high so that I will lose weight
- I try to eat to the point of spilling ketones in my urine
- I feel fat when I take all of my insulin
- Other people tell me to take better care of my diabetes
- After I overeat, I skip my next insulin dose
- I feel that my eating is out of control
- I alternate between eating very little and eating huge amounts
- I would rather be thin than to have good control of my diabetes

Items are answered on a 6-point Likert scale:

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Often
- 4 = Usually
- 5 = Always