



# **Handbook of Assessment Methods for Eating Behaviors and Weight-Related Problems: Measures, Theory, and Research**

*David B. Allison, Monica L. Baskin*

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# Handbook of Assessment Methods for Eating Behaviors and Weight-Related Problems: Measures, Theory, and Research

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A thoroughly up-to-date reference for researchers who specialize in obesity and clinicians who specialize in working with clients with problem eating behaviors, **Handbook of Assessment Methods for Eating Disorders and Weight-Related Problems, Second Edition**, offers the field's most comprehensive collection of measures and assessment tools related to eating behaviors.

In addition to obesity (an issue that has reached epidemic proportions in the United States), the **Handbook** deals with problem eating behaviors, eating disorders, and the associated psychological issues that underlie these problems. This **Second Edition** provides the latest research and theory, along with empirically validated assessment tools for measuring attitudes, beliefs, and behaviors with regard to food, including:

- General personality assessment and psychopathology of persons with eating and weight-related concerns
- Quality of life assessments
- Measuring attitudes and beliefs about obese people
- Assessment of body image
- Measures of restrained eating
- Measures of physical activity
- Measuring food intake
- Binge eating and purging
- Eating and weight-related problems with children
- Identification of psychological problems of patients with eating disorders

### **New and Continuing Features:**

- No other resource offers such a comprehensive collection of assessment methods for eating disorders and weight-related problems in one volume.
- Contributions from highly regarded scholars and researchers in the field offer up-to-date, academically rigorous, and research-based information.
- The volume's **Introduction** emphasizes the importance of research in this area and highlights the changes in the field over the past decade.

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