



Internet Gaming Disorder

DSM-5: 5 or more of the following in a 12-month period
1. Preoccupation: Preoccupation with online/offline gaming
2. Withdrawal: Unpleasant symptoms when gaming taken away
3. Tolerance: Need to spend increasing time gaming
4. Loss of Control: Unsuccessful attempts to control participation
5. Loss of Interest: in real-life relationships, previous hobbies/recreation
6. Continuation: Continuing despite knowledge of psychosocial problems
7. Deception: Lying about the amount of gaming to family/therapists
8. Escape: Use of Gaming to escape or relieve negative moods
9. Negative Consequences – Losing or putting in jeopardy a relationship/job/education or career opportunity.

[Adapted from DSM-5, American Psychiatric Association](#)

Gambling Disorder

DSM-5: 4 or more of the following in a 12-month period
1. Preoccupation: Persistent thoughts about, planning future gambling or obtaining money to gamble
2. Withdrawal: Unpleasant symptoms when attempting to cut down or stop
3. Tolerance: Need to spend increasing amounts gambling
4. Loss of Control: Repeated unsuccessful attempts to cut back or stop
5. Reliance: on others for money to relieve financial need caused by gambling
6. Continuation: Continuing despite losses
7. Deception: Lying about the amount of gambling
8. Escape: Use of Gaming to escape or relieve negative moods
9. Negative Consequences – Losing or putting in jeopardy a relationship/job/education or career opportunity.

[Adapted from DSM-5, American Psychiatric Association](#)

Eating Disorder Screen for Primary Care

Are you satisfied with your eating patterns?	Yes/No
Do you ever eat in secret?	Yes/No
Does your weight affect how you feel about yourself?	Yes/No
Have any members of your family suffered from an eating disorder?	Yes/No
Do you currently suffer with or have you ever suffered in the past with an eating disorder?	Yes/No
A 'no' on question 1, and 'yes' on questions 2-4 are considered 'abnormal' responses	

Cotton MA et al. Four simple questions can help screen for eating disorders. J Gen Intern Med. 2003 Jan;18(1):53-6

Eating Disorders Further Evaluation

Additional Questionnaire	
EAT – 26	https://www.eat-26.com/downloads/
Management Guide	
	https://cps.ca/en/documents/position/eating-disorders

CRAFT screening (download and print from craftt.org)

Scientifically validated
Screens for alcohol, other substances and nicotine, includes mention of vaping, hookahs, prescription drugs, inhaled, and injectable products
Available in multiple languages with two versions: a self-administered questionnaire and a clinician-led interview – with scoring and talking points
Research shows that a self-administered questionnaire is better for comfort of and honesty from the adolescent
Self-Administered Questionnaire https://craftt.org/get-the-craftt/
Clinician Interview https://craftt.org/get-the-craftt/

Ottawa Disordered Eating Screening Tool for Youth

Over the past 3 months, has your weight and/or shape influenced how you think about (judge) yourself as a person?	Yes/No
Over the past 6 months, have you fasted (skipped at least 2 meals in a row) or eaten what other people would regard as an unusually large amount of food (e.g. a quart of ice cream) given the circumstance and experienced a loss of control (felt like you couldn't stop eating or control how much you were eating)?	Yes/No
A 'yes' on both questions indicates a positive screen	

Obeid N et al Pediatr. 2019 Dec;215:209-215.

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Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only.