

Is the NHS Low Calorie Diet Programme right for you?

Self-Assessment of Readiness

This questionnaire is designed to help you and your health care provider decide whether to refer you to the NHS Low Calorie Diet Programme at this time. It will not take long to complete.

Completing the questionnaire

Please complete the questionnaire by reading each statement and **circling the response / marking the checkbox** which best indicates how much you agree with it.

Please answer each question as honestly as you can. This will help your health care provider understand your needs and work with you to identify the best support option.

1. I am confident that I will be able to stick to the low calorie diet (e.g. shakes soups, bars) for 12 weeks				
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
2. I believe that significant weight loss from a low calorie diet for 12 weeks will benefit my diabetes and health overall				
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
3. I am ready to make long-term changes to my eating habits and activity levels				
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
4. Other people in my life (immediate family and friends) will support me to stick to a low calorie diet for 12 weeks and the other phases of the programme				
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
5. The amount of stress in my life at the moment is not a barrier to sticking to a low-calorie diet for 12 weeks				
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
6. Group-based support will be helpful and acceptable to me				
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
7. I would be concerned that following a low calorie diet plan may trigger psychological or emotional distress such as depression, anxiety, body image concerns, or disordered eating behaviours such as binge-eating or purging				
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree

How to interpret your answers

All or mostly white

If your answers fall mostly in the white zone then you are highly likely to benefit from the low calorie diet programme. Your health care provider can put you through to the next stage of screening for the programme if you would like to take part

A mixture of grey and white, or mostly grey

If your answers are a mixture of grey and white, or mostly grey then it is likely that the programme may not be helpful to you at this time. This might be because the circumstances of your life are too complicated to follow this kind of plan right now, or that you think it will not be helpful or cause additional problems. If your circumstances change then you can always ask to be referred into the programme. Your health care provider can help you think about what other support options may be available.

Your answer to Question 7

Low calorie diets have been found to be safe for most people. Research shows that most people who follow supervised low calorie diets experience improvements in quality of life and psychological wellbeing. However, this approach is not suitable for individuals who have a history of eating disorders characterised by the extreme restriction of food (e.g. Anorexia Nervosa), or binge eating and purging (e.g. Binge Eating Disorder), or for any individual who feels that following a restrictive eating plan will cause psychological distress. If your answer to Question 7 is grey then it is likely that the programme will not be suitable for you. Your health care provider can help to explore this with you in more detail if you wish.