

## Appendix A: Meal and Snack Patient Feedback form example

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_

Please use this to document any behaviours to work on that are maintaining your eating disorder e.g. sticking to time, certain rules and any unhelpful behaviours that need to be worked on e.g. smearing, crumbing, hiding or leaving food.

Meal	Patient feedback - How did I feel? What did I do?	Staff feedback
Breakfast	Really struggled with ED thoughts and feeling of guilt. Tried to not break toast Feeling full	I could see you was struggling but still managed to complete. Did need to remind you of your goal to stop pulling apart your toast, but you listen and managed this situation really well. This will get easier with rational thinking. Next time be mindful to use all spreads in the pot.
Mid-morning	I felt safer to eat in smaller piece as I feel greedy	I notice that you broke your crisps into really small pieces, next time try to take one at a time without crushing. If you would like to talk about why you are doing this, please come find me. This example could be used for cereal bars, biscuits, chocolate bars, cakes.
Lunch (Hot meal)	Struggle with the amount of food, don't like it when the foods are mixed up. Like to eat foods one at a time. Finding it hard to accept staff serving me as am worried they are over serving me. Find joining in on conversation difficult.	I could see you was struggling, but staff have portion guide they follow for every meal. Try to vary what you are putting on your fork. Conversation is a useful tool to help distract you from ED thoughts. However, some patients prefer not to engage and this is ok, could let staff know how you feeling before going into the dining room. Other tools used in the dining room could be ice glove, sensory items, prompt cards. Talk to staff for ideals or ask in dining goals group.
Mid afternoon	Still feeling full, don't want any more food.	It may be helpful to view your meal plan as a prescribed part of your treatment plan.
Evening meal (coldmeal)	Struggled with not making the sandwich myself, feel the need to check the filling.	All sandwiches are made the same. Try working on not checking filling or breaking it up. Remember to not cut the sandwiches as it is already cut in half. Its ok to eat food with your hand. Also be aware of the time frame within the dining room expectation. Staff can remind you of the time left if this is helpful.
Evening snack	Find this meal really stressful, not sure off my options. Like black coffee don't want to add milk	There is guidance on the wall in the dining room if unsure. Could speak to Dietetic Assistant. Milk or soya is part of having a coffee/ tea. Think of it as part of your prescribed meal plan.