

Mindfull

Your recovery journey companion

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Sign In

We are always here to support your back.

Email

Password

Sign In

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Join Us !

To support you more precisely, we recommend to create your account.

First Name/Last Name

Email

Password

PERSONAL INFORMATION

Date of Birth

09/09/1987

Country/Region

Canada

State

ON

City

Toronto

Street

Welcome to Mindfull.

A free anxiety resource to help you manage your symptoms better. Whether you experience general eating, weight and shape concerns, We've got you covered.

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We have everything.

Consider the app as the companion for managing your journey to recovery from eating disorders. We have a full package of functionalities to relieve your anxiety and achieve your goal eventually.

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Get the support you need.

Link your QR code with your treatment team directly and chat with them whenever you want. In this app, you can get our various coping skills without exterior resources.

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Get to know yourself better.

Being aware of your condition is the first step of recovery. Evaluate your risk of eating disorders with a validated 26 questions screening test.

Previous

Test

EAT - 26 Eating Disorder Test

This questionnaire is designed to help you determine whether you might have an eating disorder that needs professional attention.

This screening measure is NOT designed to make the diagnosis of an eating disorder or take the place of a professional consultation.

Garner, D., Olmsted, M., Bohr, Y., & Garfinkel, P. (1982). The Eating Attitudes Test: Psychometric features. Psychological medicine, 12, 871-878

Start

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EAT - 26 Eating Disorder Test

1. I am terrified about being overweight.

Never Rarely Sometimes Often Usually Always

2. I avoid eating when I am hungry.

Never Rarely Sometimes Often Usually Always

3. I find myself preoccupied with food.

Never Rarely Sometimes Often Usually Always

4. I cut my food into small pieces.

Never Rarely Sometimes Often Usually Always

5. I am aware of the calorie content of foods that I eat.

Never Rarely Sometimes Often Usually Always

Your total score is 56/72

A score at or above 20 on the EAT-26 indicates a high level of concern about dieting, body weight, or problematic eating behaviors.

NEXT STEPS

Because your score is 20 or above, you should seek an evaluation by a qualified healthcare professional to determine if your score reflects a problem that warrants clinical attention. Please keep in mind that a high score that does not always reflect an eating disorder.

Regardless of your score, if you are suffering from feelings which are causing you concern or interfering with your daily functioning, you should seek an evaluation from a trained mental health professional.

Mindfull can directly connect with your treatment team and help monitoring your symptoms and recovery journey.

**Mindfull is intended for supporting your treatment, not the alternative treatment. If you have serious symptoms of eating disorders, you SHOULD visit a specialist in person and consult.*

Start

☰ Mindfull ⚙️

DAILY CHECK-IN

How are you feeling today, Sophia?

Awful Bad Ok Good Great

Submit

Before You Eat

Take a moment to notice the feeling you are having. Let's try to log your thoughts and feelings before you have a meal.

Log Feelings

GOALS

HOME CALM RECORD CHAT

☰ Mindfull ⚙️

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