

Appendix 2

Questions to ask about your treatment

Questions to ask your therapist

- What is the diagnosis?
- What can I expect if I don't get treatment? What happens if I do nothing?
- What are the treatment options?
- What are the benefits and harms (costs) of the treatment options?
- How long will it take?
- What results can I expect?
- How much time and/or effort will it take me?
- What will it cost me?
- Is there anything that would complicate treatment (other problems that may make treatment more difficult and take longer to see benefits)?
- Can we make a time to review progress and if necessary revise our treatment plan?
- Are these the latest treatment guidelines for my condition? Can you recommend any reading material including self-help books?
- How do the benefits and harms weigh up for me?
- Can I speak to someone who has been through treatment with you? Or to someone who has been through this procedure with other therapists?

Questions to ask about medication

- Name of medicine:
- Dose / instructions:
- When and how often do I take the medicine?
- What are the side effects? Will I be tired, hungry, thirsty etc?
- Are there any foods I should not eat while taking it?
- Can I have beer, wine or other alcoholic drinks?
- Can I take the medicine with other medicines I am taking?
- What do I do if I forget to take the medicine?
- How long will I have to take the medicine?
- What are the chances of getting better with this treatment?
- How will I know if the medicine is working or not?
- What is the cost of the medicine?

Key questions to ask

- How many patients with anorexia nervosa have you treated?
- Do you have any special training in anorexia nervosa treatment?
- What is your basic approach to treatment?
- If you provide only one type of treatment, how do I get the other if I need it?
- How frequent are treatment sessions? How long does each session last?
- What are your fees?
- Can you help me determine whether my health insurance will cover fees?