

# S-UNCOPE: SCREENING FOR SUGAR ADDICTION

*Sugar addiction refers to addiction to any kind of processed carbohydrates (a.k.a. bad carbs). For example **pasta, bread, sweets, cookies, soda, ice cream, junk food** etc. These carbs rapidly turn into simple sugars in the body.*

	YES	NO
<b>Unplanned Use</b> In the past year, have you eaten more bad carbs than you meant to? Or have you spent more time eating and using them than you intended to?		
<b>Neglected</b> Have you ever neglected any of your usual daily responsibilities because of using bad carbs and/or overeating?		
<b>Cut down</b> Have you felt that you wanted or needed to cut down on overeating bad carbs, during the last year?		
<b>Objected</b> Has anyone objected to you overeating bad carbs? Or did your family, a friend, or anyone else ever tell you they objected to your eating habits?		
<b>Preoccupied</b> Have you ever found yourself preoccupied with wanting bad carbs? Have you found yourself thinking a lot about bad carbs?		
<b>Emotional discomfort</b> Have you ever used bad carbs to relieve emotional discomfort, such as fatigue, sadness, anger or boredom etc.?		

## Key to interpret

0-1 YES indicates social use  
 2-3 YES indicates abuse/harmful use  
 4 or more YES indicates addiction

With four or more YES to processed carbs and/or overeating, the risk to be addicted is very high. Consult with a professional to know for sure.

