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Appendix

Appendix 1

Questionnaire designed for the patients

Demographic data

Age:

Gender:

Job:

Marital status:

Questions regarding the disorder

What kind of treatment do you get?

When was the first case when you realized you lost control over eating?

What do you and your psychologist/psychiatrist think what the main reasons were of developing an eating disorder?

When did you decide that you turn to a specialist?

What were the main motivating factors when you started the healing process?

Could you describe how you look like, and what is the ideal body image for you?

Questions leading to the conceptualization:

Could you define what anorexia or bulimia meant?

Did your opinion on yourself change during the therapy?

The questions:

What could you compare anorexia/bulimia to?

Could you describe this picture in detail?

If you could change the image in any way, how would you change it?

What connections do you see between the metaphoric image and the original situation?

Appendix 2

Questionnaire designed for the psychologists

Basic data

Ages spent in practice:

The types of therapies that you lead:

Questions about the conceptualization

What could you compare anorexia/bulimia to?

Could you describe this picture in detail?

How could you change this picture during the therapy?

Do you use more positive metaphors that influence the negative ones that the patients apply?

What connections do you see between the metaphoric image and the original situation?