

Scoring of CASK

CASK consists of 27 items and that the total score is calculated by summing these 27 items (see below).

Bigger picture

Item 9 - Be reassured by even the smallest signs of improvement?

Item 10 - Keep hope that ___ will recover

Item 20 - Keep your eye on ___'s overall progress/the bigger picture

Item 17 - Praise change or attempts at change by ___ even if the effects/results were less than you were hoping for

Item 23 - Reflect and understand the effect of your behaviour on ___

Item 22 - Separate ___ as a person from the illness

Item 21 - Resist relying solely on weight as a marker of how s/he is doing

Self-care

Item 7 - Take some time for yourself when you need a break

Item 1 - Keep doing the things that you enjoy whilst caring for ___

Item 11 - Step back and trust that ___ will cope with day to day challenges by themselves

Item 26 - Find time to spend with other members of the family

Biting-Your-Tongue

Item 18 - Resist constantly reminding/asking about agreed behavior targets

Item 16 - Control the urge to keep enquiring or checking on ___'s behavior even when you are very worried

Item 19 - Avoid getting caught in repetitive conversations with ___ about food and eating

Insight and Acceptance

Item 25 - Accept that the one cause or trigger for the eating disorder may not be the solution to recovery

Item 24 - Accept that the eating disorder is not your fault

Item 27 - Manage your anxiety levels so that you don't feel overwhelmed

Emotional intelligence

Item 2 - Discuss and explain your own feelings about the eating disorder openly with ____

Item 3 - Discuss the eating disorder openly with all other immediate family members involved

Item 8 - Talk and listen with ____ about difficult and complex emotions that s/he is feeling

Item 12 - Agree boundaries, plans or household rules in collaboration with ____

Item 13 - Uphold boundaries/rules consistently in a compassionate tone, even when ____ is arguing with you

Frustration tolerance

Item 6 - Be calm when dealing with difficult behaviors associated with the eating disorder

Item 4 - Be understanding towards ____, even when you are angry or frustrated with them

Item 5 - Avoid getting drawn into arguments about the eating disorder with ____

Item 14 - Control the urge to argue against the eating disorder behaviours, even though you believe your argument to be logical

Item 15 - Have pleasant verbal interactions with ____, not related to the eating disorder