ID: Date:

### **EATING QUESTIONNAIRE**

Instructions: The following questions are concerned with the past four weeks (28 days) only. Please read each question carefully. Please answer all of the questions. Please only choose one answer for each question. Thank you.

Questions 1 to 12: Please circle the appropriate number on the right. Remember that the questions only refer to the past four weeks (28 days) only.

	On how many of the past 28 days	No days	1-5 days	6-12 days	13-15 days	16-22 days	23-27 days	Every day
1	Have you been deliberately trying to limit the amount of food you eat to influence your shape or weight (whether or not you have succeeded)?	0	1	2	3	4	5	6
2	Have you gone for long periods of time (8 waking hours or more) without eating anything at all in order to influence your shape or weight?	0	1	2	3	4	5	6
3	Have you <u>tried</u> to exclude from your diet any foods that you like in order to influence your shape or weight (whether or not you have succeeded)?	0	1	2	3	4	5	6
4	Have you tried to follow definite rules regarding your eating (for example, a calorie limit) in order to influence your shape or weight (whether or not you have succeeded)?	0	1	2	3	4	5	6
5	Have you had a definite desire to have an empty stomach with the aim of influencing your shape or weight?	0	1	2	3	4	5	6
6	Have you had a definite desire to have a totally flat stomach?	0	1	2	3	4	5	6
7	Has thinking about <u>food</u> , <u>eating or calories</u> made it very difficult to concentrate on things you are interested in (for example, working, following a conversation, or reading)?	0	1	2	3	4	5	6
8	Has thinking about shape or weight made it very difficult to concentrate on things you are interested in (for example, working, following a conversation, or reading)?	0	1	2	3	4	5	6
9	Have you had a definite fear of losing control over eating?	0	1	2	3	4	5	6
10	Have you had a definite fear that you might gain weight?	0	1	2	3	4	5	6
11	Have you felt fat?	0	1	2	3	4	5	6
12	Have you had a strong desire to lose weight?	0	1	2	3	4	5	6

Questions 13-18: Please fill in the appropriate number in the boxes on the right. Remember that the questions only refer to the past four weeks (28 days).

Over the past four weeks (28 days)......

13	Over the past 28 days, how many <u>times</u> have you eaten what other people would regard as an <u>unusually large amount of food (given the circumstances)?</u>	
14	On how many of these times did you have a sense of having lost control over your eating (at the time that you were eating)?	
15	Over the past 28 days, on how many <b>DAYS</b> have such episodes of overeating occurred (i.e. you have eaten an unusually large amount of food and have had a sense of loss of control at the time)?	
16	Over the past 28 days, how many <u>times</u> have you made yourself sick (vomit) as a means of controlling your shape or weight?	
17	Over the past 28 days, how many <u>times</u> have you taken laxatives as a means of controlling your shape or weight?	
18	Over the past 28 days, how many times have you exercised in a "driven" or	
10	"compulsive" way as a means of controlling your weight, shape or amount of fat or to burn off calories?	
	ration to built on calones?	

Questions 19-21: Please circle the appropriate number. <u>Please note that for these questions the term "binge eating" means</u> eating what others would regard as an unusually large amount of food for the circumstances, accompanied by a sense of having lost control over eating.

19	Over the past 28 days, on how many days have you eaten in secret (ie, furtively)?Do not	No days	1-5 days	6-12 days	13-15 days	16-22 days	23-27 days	Every day
	count episodes of binge eating	0	1	2	3	4	5	6
20	On what proportion of the times that you have eaten have you felt guilty (felt that you've done wrong) because of its effect on your shape or	None of the times	A few of the times	Less than half	Half of the times	More than half	Most of the time	Every time
	weight?Do not count episodes of binge eating	0	1	2	3	4	5	6
21	Over the past 28 days, how concerned have you been about other people seeing you eat?	Not at all	:	Slightly	Mode	erately		Markedly
	Do not count episodes of binge eating	0	1	2	3	4	5	6

Questions 22-28: Please circle the appropriate number on the right. Remember that the questions only refer to the past four weeks (28 days)

	On how many of the past 28 days	Not at all	;	Slightly	Mo	derately		Markedly
22	Has your weight influenced how you think about (judge) yourself as a person?	0	1	2	3	4	5	6
23	Has your shape influenced how you think about (judge) yourself as a person?	0	1	2	3	4	5	6
24	How much would it have upset you if you had been asked to weigh yourself once a week (no more, or less, often) for the next four weeks?	0	1	2	3	4	5	6
25	How dissatisfied have you been with your weight?	0	1	2	3	4	5	6
26	How dissatisfied have you been with your shape?	0	1	2	3	4	5	6
27	How uncomfortable have you felt seeing your body (for example, seeing your shape in the mirror, in a shop window reflection, while undressing or taking a bath or shower)?	0	1	2	3	4	5	6
28	How uncomfortable have you felt about others seeing your shape or figure (for example, in communal changing rooms, when swimming, or wearing tight clothes)?	0	1	2	3	4	5	6

What is your weight at present? (Please give you	ur best estimate).	
What is your height? (Please give your best esting	mate).	
If female: Over the past three-to-four months have	ve you missed any mens	trual periods?
	If so, how many?	
	Have you been taking the	he "pill"?

#### **THANK YOU**

EDE-Q reproduced with permission. Fairburn and Beglin (2008). In Fairburn, C. G. (2008). *Cognitive Behavior Therapy and Eating Disorders*. Guilford Press, New York.

# **EDE-Q Norms**

The following data are from a community-based sample of 241 women (Fairburn & Beglin, 1994).

	Mean	SD
Restraint Subscale	1.251	1.323
<b>Eating Concern Subscale</b>	0.624	0.859
Shape Concern Subscale	2.149	1.602
Weight Concern Subscale	1.587	1.369
Global Score (4 Subscales)	1.554	1.213

Assessment of Eating Disorders: Interview or Self-Report Questionnaire? Fairburn, C. G., & Beglin, S. J. (1994). *International Journal of Eating Disorders, 16, 363-370.* 

In addition, Mond  $\it et al.$  (2006) provide general population norms and percentile ranks for the EDE-Q

#### Mean (SD) scores on the EDE-Q for young adult women by age group:

Age (yr)	18–22 ( <i>n</i> =1186)	23–27 ( <i>n</i> =908)	28–32 ( <i>n</i> =1206)	33–37 ( <i>n</i> =928)	38–42 ( <i>n</i> =1003)
Restraint	1.29 (1.41)	1.34 (1.39)	1.28 (1.37)	1.27 (1.43)	1.31 (1.38)
Eating Concern	0.87 (1.13)	0.81 (1.10)	0.78 (1.07)	0.69 (1.04)	0.61 (0.94)
Shape Concern	2.29 (1.68)	2.24 (1.61)	2.37 (1.65)	2.10 (1.67)	2.10 (1.60)
Weight Concern	1.89 (1.60)	1.84 (1.50)	1.90 (1.51)	1.64 (1.48)	1.64 (1.41)
Global score	1.59 (1.32)	1.56 (1.26)	1.58 (1.23)	1.42 (1.24)	1.41 (1.15)

### Percentile ranks for EDE-Q subscale scores for young adult women (n=5,255)

Percentile Rank	Restraint	Eating Concern	Weight Concern	Shape Concern	Global Score
5		_	_		0.04
10	<u> </u>	_	_	0.25	0.14
15	<u> </u>	_	0.20	0.50	0.26
20		_	0.40	0.63	0.36
25		_	0.40	0.88	0.47
30	0.20	0.20	0.60	1.00	0.60
35	0.40	0.20	0.80	1.25	0.74
40	0.40	0.20	1.00	1.50	0.88
45	0.60	0.20	1.20	1.63	1.04
50	0.80	0.20	1.40	1.88	1.24
55	1.00	0.40	1.80	2.13	1.43
60	1.20	0.40	2.00	2.50	1.61
65	1.60	0.60	2.20	2.75	1.83
70	1.80	0.80	2.60	3.13	2.04
75	2.20	1.00	2.80	3.50	2.29
80	2.60	1.40	3.20	3.88	2.60
85	3.00	1.80	3.60	4.25	2.94
90	3.60	2.40	4.00	4.75	3.36
95	4.00	3.20	4.60	5.25	4.00
99	5.20	4.60	5.60	5.88	4.97

Mond, J. M., Hay, P. J., Rodgers, B., & Owen, C. (2006). Eating Disorder Examination Questionnaire (EDE-Q): Norms for young adult women. *Behaviour Research and Therapy*, 44, 53-62.

## Summary: Higher scores indicate greater levels of symptomatology

Fairburn, C.G., & Beglin, S.J. (1994). Assessment of eating disorders: interview or self-report questionnaire? *International Journal of Eating Disorders*, 16, 363-370.