

# EDE-Q Norms

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

	Mean	SD
<b>Restraint Subscale</b>	1.251	1.323
<b>Eating Concern Subscale</b>	0.624	0.859
<b>Shape Concern Subscale</b>	2.149	1.602
<b>Weight Concern Subscale</b>	1.587	1.369
<b>Global Score (4 Subscales)</b>	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 *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 (n=1186)	23–27 (n=908)	28–32 (n=1206)	33–37 (n=928)	38–42 (n=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)**

<b>Percentile Rank</b>	<b>Restraint</b>	<b>Eating Concern</b>	<b>Weight Concern</b>	<b>Shape Concern</b>	<b>Global Score</b>
5	—	—	—	—	0.04
10	—	—	—	0.25	0.14
15	—	—	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.