

Eating Disorder Examination Questionnaire

Please complete the survey below.

Thank you!

The following questions are concerned with the past four weeks (28 days) only. Please read each question carefully and select the appropriate answer.

Continue

On how many of the past 28 days ...

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)?

No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

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?

No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

Have you tried to exclude from your diet any foods that you like in order to influence your shape or weight (whether or not you have succeeded)?

No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

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)?

No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

Have you had a definite desire to have an empty stomach with the aim of influencing your shape or weight?

No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

Have you had a definite desire to have a totally flat stomach?

- No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

Has thinking about food, eating or calories made it very difficult to concentrate on things you are interested in (for example, working, following a conversation, or reading)?

- No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

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)?

- No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

Have you had a definite fear of losing control over eating?

- No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

Have you had a definite fear that you might gain weight?

- No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

Have you felt fat?

- No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

On how many of the past 28 days ...

Have you had a strong desire to lose weight?

- No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

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

How many times have you eaten what other people would regard as an unusually large amount of food (given the circumstances)?

Continue

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

How many of these times did you have a sense of having lost control over your eating (at the time you were eating)?

Continue

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

How many DAYS 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)?

Continue

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

How many times have you made yourself sick (vomit) as a means of controlling your shape or weight?

Continue

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

How many times have you taken laxatives as a means of controlling your shape or weight?

Continue

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

How many times have you exercised in a "driven" or "compulsive" way as a means of controlling your weight, shape or amount of fat, or to burn off calories?

Continue

Please note that the term "binge eating" means 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.

Over the past 28 days, on how many days have you eaten in secret (ie, furtively)?
Do not count episodes of binge eating.

- No days 1-5 days 6-12 days 13-15 days 16-22 days 23-27 days
 Every day

Please note that the term "binge eating" means 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.

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 weight?
Do not count episodes of binge eating.

- 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

Please note that the term "binge eating" means 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.

Over the past 28 days, how concerned have you been about other people seeing you eat?
Do not count episodes of binge eating.

- Not at all Rarely Slightly Occasionally Moderately Quite a bit Markedly

On how many of the past 28 days...

Has your weight influenced how you think about (judge) yourself as a person?

- Not at all Rarely Slightly Occasionally Moderately Quite a bit Markedly

On how many of the past 28 days...

Has your shape influenced how you think about (judge) yourself as a person?

- Not at all Rarely Slightly Occasionally Moderately Quite a bit Markedly

On how many of the past 28 days...

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?

- Not at all Rarely Slightly Occasionally Moderately Quite a bit Markedly

On how many of the past 28 days...

How dissatisfied have you been with your weight?

- Not at all Rarely Slightly Occasionally Moderately Quite a bit Markedly

On how many of the past 28 days...

How dissatisfied have you been with your shape?

- Not at all Rarely Slightly Occasionally Moderately Quite a bit Markedly

On how many of the past 28 days...

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)?

- Not at all Rarely Slightly Occasionally Moderately Quite a bit Markedly

On how many of the past 28 days...

How uncomfortable have you felt about others seeing your shape or figure (for example, in communal changing rooms, when swimming, or wearing tight clothes)?

- Not at all Rarely Slightly Occasionally Moderately Quite a bit Markedly