

## EDEQ - Eating Questionnaire

Name \_\_\_\_\_ Date \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Instructions: The following questions are concerned with the past four weeks (28 days) only. Please read each question carefully. Please answer all questions. 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.

<i>On how many of the past 28 days .....</i>	<i>No days</i>	<i>1-5 days</i>	<i>6-12 days</i>	<i>13-15 days</i>	<i>16-22 days</i>	<i>23-27 days</i>	<i>Every day</i>
1. Have you been deliberately <u>trying</u> 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 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 <u>tried</u> 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 <u>empty</u> 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 <u>totally flat</u> stomach?	0	1	2	3	4	5	6
7. Has thinking about <u>food, 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 <u>shape or weight</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
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 <u>might gain weight</u> ?	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 to 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).

<i>Over the past four weeks (28 days) .....</i>	
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</u> (given the circumstances)?	
14. ....On how many of these times did you have a sense of having lost control over your eating (at the time 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 “compulsive” way as a means of controlling your weight, shape, amount of fat, or to burn off calories?

Questions 19 to 21: Please circle the appropriate number. Please note that for these questions 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.

	<i>No days</i>	<i>1-5 days</i>	<i>6-12 days</i>	<i>13-15 days</i>	<i>16-22 days</i>	<i>23-27 days</i>	<i>Every day</i>
19. Over the past 28 days, on how many days have you eaten in secret (i.e. furtively?)....Do not 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 weight?.... Do not count episodes of binge eating.	<i>None of the times</i>	<i>A few of the times</i>	<i>Less than half</i>	<i>Half of the times</i>	<i>More than half</i>	<i>Most of the time</i>	<i>Every time</i>
21. Over the past 28 days, how concerned have you been about other people seeing you eat?.. Do not count episodes of binge eating.	0	1	2	3	4	5	6
	<i>Not at all</i>		<i>Slightly Markedly</i>		<i>Moderately</i>		

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

<i>Over the past 28 days...</i>	<i>Not at all</i>		<i>Slightly</i>		<i>Moderately</i>		<i>Markedly</i>
22. Has your <u>weight</u> influenced how you think about (judge) yourself as a person?	0	1	2	3	4	5	6
23. Has your <u>shape</u> influenced how you think about (judge) yourself as a person?							
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?							
25. How dissatisfied have you been with your <u>weight</u> ?							
26. How dissatisfied have you been with your <u>shape</u> ?							
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)?							
28. How uncomfortable have you felt about <u>others</u> seeing your shape or figure (for example in communal changing rooms, when swimming, or wearing tight clothes)?							

What is your weight at present? (Please give your best estimate) \_\_\_\_\_

What is your height? (Please give your best estimate) \_\_\_\_\_

If female: Over the past three to four months have you missed any menstrual periods? \_\_\_\_\_  
If so, how many? \_\_\_\_\_

Have you been taking the “pill”?\_\_\_\_\_