# Eating Attitudes Test (EAT-26) 

## Part A: Complete the following questions

1. Birth Date:

Month: $\qquad$ Day: $\qquad$ Year: $\qquad$
2. Gender:
$\square$ Male
$\square$ Female
3. Height: Feet: $\qquad$ Inches: $\qquad$
4. Current Weight (Ibs.): $\qquad$
5. Highest Weight (excluding pregnancy): $\qquad$
6. Lowest Adult Weight: $\qquad$
7. Ideal Weight: $\qquad$

Part B: For each of the following statements, indicate how often the statement applies to you by ticking the following:

|  | Always | Usually | Often | Sometimes | Rarely | Never |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 1. I am terrified about <br> being overweight. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 2. I avoid eating when I <br> am hungry. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 3. I find myself <br> preoccupied with <br> food. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 4. I have gone on <br> eating binges where <br> I feel that I may not <br> be able to stop | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ |


| 6. I am aware of the calorie content of foods that I eat. |  |  |  |  |  | $\square$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 7. I particularly avoid food with a high carbohydrate content (i.e. bread, rice, potatoes, etc.) |  |  |  |  |  | $\square$ |
| 8. I feel that others would prefer if I ate more. | $\square$ | $\square$ | $\square$ |  |  | $\square$ |
| 9. I vomit after I have eaten. | $\square$ |  | $\square$ | $\square$ |  |  |
| 10. I feel extremely guilty after eating. |  |  |  |  |  |  |
| 11. I am preoccupied with a desire to be thinner. |  |  | $\square$ |  |  |  |
| 12. I think about burning up calories when I exercise. |  |  |  |  |  |  |
| 13. Other people think that I am too thin. | $\square$ |  |  |  |  |  |
| 14. I am preoccupied with the thought of having fat on my body. | $\square$ | $\square$ |  |  |  | $\square$ |
| 15. I take longer than others to eat my meals. |  |  |  |  |  |  |


| 16. I avoid foods with <br> sugar in them. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 17. I eat diet foods. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 18. I feel that food <br> controls my life. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 19. I display self- <br> control around <br> food. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 20. I feel that others <br> pressure me to <br> eat. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 21. I give too much <br> time and thought <br> to food. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

## Part C: Behavioral Questions. In the past 6 months have you:

A. Gone on eating binges where you feel that you may not be able to stop?NeverOnce a month or less
$\square$ 2-3 times a month
$\square$ Once a week
$\square$ 2-6 times a week
$\square$ Once a day or more
B. Ever made yourself sick (vomited) to control your weight or shape?

NeverOnce a month or less2-3 times a monthOnce a week2-6 times a week
$\square$ Once a day or more
C. Ever used laxatives, diet pills or diuretics (water pills) to control your weight or shape?NeverOnce a month or less2-3 times a monthOnce a week2-6 times a weekOnce a day or more
D. Exercised more than 60 minutes a day to lose or to control your weight?

NeverOnce a month or less2-3 times a month
$\square$ Once a week2-6 times a weekOnce a day or more

## E. Lost 20 pounds or more in the past 6 months

Yes$\square$ No

## Assessor's Notes:

This is a screening measure to help you determine whether you might have an eating disorder that needs professional attention. This screening measure is not designed to make a diagnosis of an eating disorder or take the place of a professional consultation. Please fill out the form as accurately, honestly and completely as possible. There are no right or wrong answers. All of your responses are confidential.

