

EDE-Q scoring and subscale items

To obtain a total score:

- 1) Calculate each subscale score:
 - Sum the items on each subscale and divide by the number of items in the subscale
- 2) Sum the subscale scores and divide by 4 (which reflects the number of subscales)

Subscale	Item number	Patient scores	
Restraint			
Restraint over eating	1		
Avoidance of eating	2		
Food avoidance	3		
Dietary rules	4		
Empty stomach	5		
		Total: _____	Average: _____
Eating Concern			
Preoccupation with food	7		
Fear of losing control of eating	9		
Eating in secret	19		
Guilt about eating	20		
Social eating	21		
		Total: _____	Average: _____
Weight Concern			
Preoccupation with shape or weight	8		
Desire to lose weight	12		
Importance of weight	22		
Reaction to prescribed weighing	24		
Dissatisfaction with weight	25		
		Total: _____	Average: _____
Shape Concern			
Flat stomach	6		
Preoccupation with shape or weight	8		
Fear of weight gain	10		
Feelings of fatness	11		
Importance of shape	23		
Dissatisfaction with shape	26		
Discomfort seeing body	27		
Avoidance of exposure	28		
		Total: _____	Average: _____

Total score = Sum of average scores for each subscale: _____ /4 = _____