

EDE-Q Scoring

Subscale scoring

Question	<i>Subscale Item no.1: Restraint</i>	Score
1	Restraint overeating	
2	Avoidance of eating	
3	Food avoidance	
4	Dietary Rules	
5	Empty stomach	
Subscale Item = (total score ÷ 5)		

Question	<i>Subscale Item no. 2: Eating Concern</i>	Score
7	Preoccupation with food, eating or calories	
9	Fear of losing control overeating	
19	Eating in secret	
21	Social eating	
20	Guilt about eating	
Subscale Item = (total score ÷ 5)		

Question	<i>Subscale Item no. 3: Shape Concern</i>	Score
6	Flat stomach	
8	Preoccupation with shape or weight	
10	Fear of weight gain	
11	Feelings of fatness	
23	Importance of shape	
26	Dissatisfaction with shape	
27	Discomfort seeing body	
28	Avoidance of exposure	
Subscale Item = (total score ÷ 8)		

Question	<i>Subscale Item no. 4: Weight Concern</i>	Score
8	Preoccupation with shape or weight	
12	Desire to lose weight	
22	Importance of weight	
24	Reaction to prescribed weighing	
25	Dissatisfaction with weight	
Subscale Item = (total score ÷ 5)		

EDEQ Global Scoring

Subscale no.	<i>Subscale Description</i>	Subscale total score
1	Restraint	
2	Eating Concern	
3	Shape Concern	
4	Weight Concern	
Global total = (subscales total ÷ 4)		

Fairburn, C.G., & Beglin, S.J. (1994). Assessment of eating disorders: interview or self-report questionnaire? *International Journal of Eating Disorders*, 16, 363-370.