

Name: \_\_\_\_\_ Today's date: \_\_\_\_\_

Your date of birth: \_\_\_\_\_

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Appendix in Fairburn C.G. **Cognitive Behavior Therapy and Eating Disorders**  
Guilford Press, New York, 2008

- APPENDIX II -

**EATING DISORDER EXAMINATION QUESTIONNAIRE  
(EDE-Q 6.0)**

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**INTRODUCTION**

The EDE-Q (Fairburn and Beglin, 1994) is a self-report version of the Eating Disorder Examination (EDE), the well-established investigator-based interview (Fairburn and Cooper, 1993). It is scored in the same way as the EDE. Its performance has been compared with that of the EDE and other instruments in numerous studies (see Peterson & Mitchell, 2005): in some respects it performs well, but in others it does not. Community norms are available for adults (Mond et al, 2006) and adolescents (Carter, Stewart and Fairburn, 2001). *See below for recommended reading, and studies of this questionnaire.*

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**EATING QUESTIONNAIRE**

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

**Questions 1 - 12:** Please indicate the appropriate number on the right. Remember that the questions only refer to the past four weeks (28 days) only.

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<b>On how many of the past 28 days...</b>	<b>No days</b>	<b>1-5 days</b>	<b>6-12 days</b>	<b>13-15 days</b>	<b>16-22 days</b>	<b>23-27 days</b>	<b>Every day</b>
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 waking 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

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**Questions 1 - 12:** Please indicate the appropriate number on the right. Remember that the questions only refer to the past four weeks (28 days) only.

On how many of the past 28 days...	No days	1-5 days	6-12 days	13-15 days	16-22 days	23-27 days	Every day
5. Have you had a definite desire to have an <u>empty stomach</u> 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 stomach</u> ?	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 might gain weight?	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 - 18:** Please fill in the appropriate number on the right. Remember that the questions refer to the past four weeks (28 days) only.

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

13. 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. Referring to #13, on how many of those occasions did you have a sense of having lost control over your eating (at the time that you were eating)?
15. Referring to #13 and #14, on how many <b>DAYS</b> have such episodes of overeating occurred (i.e., you have eaten an unusually large amount of food <u>and</u> have had a sense of loss of control at the time)?
16. How many <u>times</u> have you made yourself sick (vomit) as a means of controlling your shape or weight?
17. How many <u>times</u> have you taken laxatives as a means of controlling your shape or weight?
18. How many <u>times</u> 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?

**Questions 19 - 21:** Please indicate the appropriate number on the right. **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. Remember that the questions only refer to the past four weeks (28 days) only.

**On how many of the past 28 days...**

19.	On how many days have you eaten in secret (i.e., 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
		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.	None of the times	A few of the times	Less than half the times	Half of the times	More than half of the times	Most of the times	Every time
		0	1	2	3	4	5	6
21.	How concerned have you been about other people seeing you eat? ...Do not count episodes of binge eating.	Not at all		Slightly		Moderately		Markedly
		0	1	2	3	4	5	6

**Questions 22 - 28:** Please indicate the appropriate number on the right. Remember that the questions only refer to the past four weeks (28 days) only.

**Over the past 28 days...**

		Not at all	Slightly	Moderately	Markedly		
22.	Has your <u>weight</u> influenced how you think about (judge) yourself as a person?	0	1	2	3	4	5
23.	Has your <u>shape</u> influenced how you think about (judge) yourself as a person?	0	1	2	3	4	5
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?	0	1	2	3	4	5
25.	How dissatisfied have you been with your <u>weight</u> ?	0	1	2	3	4	5
26.	How dissatisfied have you been with your <u>shape</u> ?	0	1	2	3	4	5
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)?	0	1	2	3	4	5
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)?	0	1	2	3	4	5

29. What is your weight at present? (Please give your best estimate)

30. What is your height? (Please give your best estimate)

31. If female: Over the past three to four months, have you missed any menstrual periods?

31a. If so, how many?

31b. Have you been taking the "pill"?

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**THANK YOU**

#### **RECOMMENDED READING**

- Carter, J. C., Stewart, D. A., & Fairburn, C. G. (2001). Eating Disorder Examination Questionnaire: Norms for adolescent girls. *Behaviour Research and Therapy*, 39, 625-632.
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