

Eating Attitudes Test (EAT-26)

The EAT-26 is a self-report screening questionnaire for eating disorders, focused on the attitudes and behaviors associated with anorexia nervosa and bulimia. It yields a total score, which indicates whether a more thorough assessment is warranted, and three subscale scores (dieting, bulimia and food preoccupation, oral control).

Number of questions	26 questions
Estimated duration	6 minutes
Language	English
Original name	Eating Attitudes Test
Target audience	Adolescents and adults
Authors	D. M. Garner, M. P. Olmsted, Y. Bohr, P. E. Garfinkel (1982)
Category	Eating disorders

Preview of the 26 questions

I am terrified at the thought of being too fat

Never | Rarely | Sometimes | Often | Very often | Always

I avoid eating when I am hungry

Never | Rarely | Sometimes | Often | Very often | Always

I am overly concerned about food

Never | Rarely | Sometimes | Often | Very often | Always

I have had episodes of overeating during which I thought I would not be able to stop

Never | Rarely | Sometimes | Often | Very often | Always

I cut my food into small pieces

Never | Rarely | Sometimes | Often | Very often | Always

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

Laura V. - Online Psychologist