EBQ-36

Eating Beliefs Questionnaire (EBQ-36)

The EBQ-36 is a self-report tool that measures dysfunctional beliefs about eating, including positive beliefs, negative beliefs, and permissive beliefs related to overeating. It is used mainly in the assessment of eating disorders, particularly binge-eating disorder and bulimia nervosa.

Number of questions	36 questions
Estimated duration	10 minutes
Language	English
Original name	Eating Beliefs Questionnaire
Target audience	Adults
Authors	Tracey D. Wade, Michael G. Cooper (2006)
Category	Eating disorders

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 ›

Scoring & interpretation

Each item is rated on a 5-point Likert scale (from 1 = strongly disagree to 5 = strongly agree). Scores can be calculated for three subscales: positive beliefs, negative beliefs, and permissive beliefs. A higher total score indicates a greater presence of dysfunctional beliefs about eating.

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 Basile R. - Clinical Psychologist