EDE-Q-A

Eating Disorder Examination Questionnaire - Adolescent Version (EDE-Q-A)

The EDE-Q-A is an adapted version of the EDE-Q questionnaire, specifically designed to assess the frequency and severity of behaviors and concerns related to eating disorders in adolescents. It provides a reliable self-assessment of the main eating disorder symptoms according to DSM criteria, thereby supporting screening, treatment monitoring, and clinical research in young populations.

Number of questions	36 questions
Estimated duration	20 minutes
Language	English
Original name	Eating Disorder Examination Questionnaire - Adolescent version
Target audience	Adolescents aged 12-18
Authors	Bryony Bamford, Christopher Fairburn (2008)
Category	Adolescent care, Eating disorders

Preview of the 36 questions

On how many days of the past 14 days...

Have you been trying to cut down on food to control your weight or shape?

No days | 1-2 days | 3-6 days | 7 days | 8-10 days | 12-13 days | Every day

On how many days of the past 14 days...

Have you gone for long periods of time (8 hours or more) without eating anything to control your shape or weight?

No days | 1-2 days | 3-6 days | 7 days | 8-10 days | 12-13 days | Every day

On how many days of the past 14 days...

Have you tried not to eat any foods you like to control your weight and shape?

No days | 1-2 days | 3-6 days | 7 days | 8-10 days | 12-13 days | Every day

On how many days of the past 14 days...

Have you tried to keep to any strict rules about eating to control your shape or weight? For example, a calorie limit, a set amount of food, or rules about what and when you should eat?

No days | 1-2 days | 3-6 days | 7 days | 8-10 days | 12-13 days | Every day

On how many days of the past 14 days...

Have you wanted your stomach to be empty?

No days | 1-2 days | 3-6 days | 7 days | 8-10 days | 12-13 days | Every day

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

The questionnaire includes items rated from 0 to 6 according to the frequency or severity of behaviors or feelings over the past 28 days. Four main subscales are calculated (eating concern, shape concern, weight concern, dietary restraint), as well as a global score. Higher scores reflect greater symptom severity. There is no official cutoff: a clinical interpretation based on the context is required.

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- Automatic scoring
- Results sent by email

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 Laura V. - Online Psychologist