


# Eating Disorder Examination Questionnaire (EDE-Q)

The EDE-Q is a benchmark self-report questionnaire used to assess eating disorder psychopathology over the past 28 days. Derived from the EDE clinical interview, it explores dietary restraint, eating, shape and weight concerns, as well as several key behaviors such as binge-eating episodes, loss of control, self-induced vomiting, laxative use and compulsive exercise. It is widely used by psychologists and specialized teams in both clinical practice and research for screening, initial assessment and monitoring changes in symptoms. Its main value is to standardize the assessment of symptom severity and facilitate longitudinal follow-up, without replacing a full clinical diagnosis.

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| Number of questions | 28 questions |
| Estimated duration | 10 minutes |
| Language | English |
| Original name | Eating Disorder Examination Questionnaire |
| Target audience | Adolescents and adults |
| Authors | Christopher G. Fairburn, Sarah J. Beglin (2008) |
| Category | Eating disorders |

## Preview of the 28 questions

On how many of the past 28 days...

**Have you been deliberately trying to limit the amount of food you eat to influence your shape or weight (whether or not you have succeeded)?**

No days | 1-5 days | 6-12 days | 13-15 days | 16-22 days | 23-27 days | Every day

On how many of the past 28 days...

**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?**

No days | 1-5 days | 6-12 days | 13-15 days | 16-22 days | 23-27 days | Every day

On how many of the past 28 days...

**Have you tried to exclude from your diet any foods that you like in order to influence your shape or weight (whether or not you have succeeded)?**

No days | 1-5 days | 6-12 days | 13-15 days | 16-22 days | 23-27 days | Every day

On how many of the past 28 days...

**Have you tried 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)?**

No days | 1-5 days | 6-12 days | 13-15 days | 16-22 days | 23-27 days | Every day

On how many of the past 28 days...

**Have you had a definite desire to have an empty stomach with the aim of influencing your shape or weight?**

No days | 1-5 days | 6-12 days | 13-15 days | 16-22 days | 23-27 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 scored items use a scale from 0 to 6. Four subscales are calculated by averaging the corresponding items: Restraint (1 to 5), Eating Concern (7, 9, 19, 20, 21), Shape Concern (6, 8, 10, 11, 23, 26, 27, 28) and Weight Concern (8, 12, 22, 24, 25). The global score is the mean of the four subscales. Items 13 to 18 are interpreted separately as frequencies of pathological behaviors. The higher the scores, the more marked the symptoms. Interpretation thresholds vary depending on the population and the clinical context; the questionnaire alone is not sufficient to make a diagnosis.

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