

Eating Disorder Inventory - 2 (EDI-2)

The EDI-2 assesses the attitudes, behaviors, and psychological traits associated with eating disorders. Its 11 subscales cover eating behaviors and body image (drive for thinness, bulimia, body dissatisfaction), as well as psychological dimensions involved in maintaining the disorder: ineffectiveness, perfectionism, interpersonal distrust, interoceptive awareness, maturity fears, asceticism, impulse regulation, and social insecurity.

Number of questions	91 questions
Estimated duration	22 minutes
Language	English
Original name	Eating Disorder Inventory - 2
Target audience	Ages 12 and up
Authors	Garner (1991)
Category	Eating disorders

Preview of the 91 questions

How often does this statement apply to you?

I eat sweets and carbohydrates without fear.

Always | Usually | Often | Sometimes | Rarely | Never

How often does this statement apply to you?

I think my belly is too big.

Always | Usually | Often | Sometimes | Rarely | Never

How often does this statement apply to you?

I wish I could get back the security of my childhood.

Always | Usually | Often | Sometimes | Rarely | Never

How often does this statement apply to you?

I eat when I am emotional / distraught / upset.

Always | Usually | Often | Sometimes | Rarely | Never

How often does this statement apply to you?

I gorge myself on food.

Always | Usually | Often | Sometimes | Rarely | Never

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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've been using Mentaal for 2 months now, and this tool has revolutionized the way I see care, and my schedule!”

Romane L. - Online CBT Psychologist