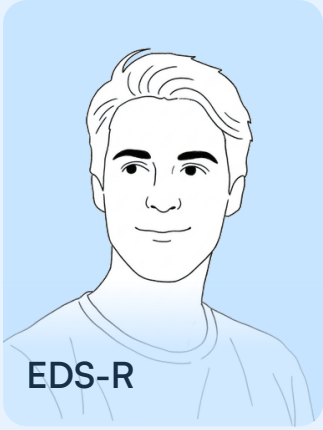


Exercise Dependence Scale - Revised (EDS-R)

The Exercise Dependence Scale-Revised (EDS-R) is a self-administered questionnaire designed to identify the behaviors and symptoms associated with dependence on physical exercise. It is mainly used in clinical and research settings to better understand compulsive behaviors related to excessive physical activity, particularly in athletes or people engaged in intense sports practice.

Number of questions	21 questions
Estimated duration	5 minutes
Language	English
Original name	Exercise Dependence Scale - Revised
Category	Addictions

Preview of the 21 questions

I do one or more physical activities to avoid being irritable.

1 - Never | 2 | 3 | 4 | 5 | 6 - Always

I keep exercising despite repeated physical problems.

1 - Never | 2 | 3 | 4 | 5 | 6 - Always

I keep increasing the intensity of my physical activity to reach the effects or benefits I want.

1 - Never | 2 | 3 | 4 | 5 | 6 - Always

I am unable to cut back on the time I spend on physical activity.

1 - Never | 2 | 3 | 4 | 5 | 6 - Always

I prefer doing this activity (these activities) to spending time with my family or friends.

1 - Never | 2 | 3 | 4 | 5 | 6 - Always

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Laura V. - Online Psychologist