MAC-R

Mizes Anorectic Cognitions Questionnaire-Revised (MAC-R)

The MAC-R is a self-report questionnaire designed to measure the dysfunctional beliefs and cognitions characteristic of patients with eating disorders, particularly anorexia nervosa. It assesses dysfunctional attitudes toward thinness, weight control and self-evaluation.

Number of questions	24 questions
Estimated duration	10 minutes
Language	English
Original name	Mizes Anorectic Cognitions Questionnaire
Target audience	Adolescents and adults
Authors	Christine M. Mizes (1990)
Category	Eating disorders

Scoring & interpretation

Each item is rated on a 5-point Likert scale, from 1 (strongly disagree) to 5 (strongly agree). The total score is the sum of the responses to the 24 items. Higher scores reflect a more marked presence of anorectic cognitions. Scores can be analyzed globally or by subscale.