YFAS

Yale Food Addiction Scale (YFAS)

The Yale Food Addiction Scale (YFAS) is a self-report questionnaire designed to assess symptoms of food addiction based on the DSM-IV criteria for substance dependence applied to the consumption of highly palatable foods. It helps identify addictive eating behavior in order to support the diagnosis and treatment of these disorders in clinical or research settings.

Number of questions	25 questions
Estimated duration	10 minutes
Language	English
Original name	Yale Food Addiction Scale
Target audience	Adults
Authors	Ashley N. Gearhardt, William R. Corbin, Kelly D. Brownell (2009)
Category	Eating disorders

Preview of the 25 questions

In the past 12 months:

I find that when I start eating certain foods, I end up eating much more than planned

Never | Once a month | 2-4 times a month | 2-3 times a week | 4 or more times or daily

In the past 12 months:

I find myself continuing to consume certain foods even though I am no longer hungry

Never | Once a month | 2-4 times a month | 2-3 times a week | 4 or more times or daily

In the past 12 months:

I eat to the point where I feel physically ill

Never | Once a month | 2-4 times a month | 2-3 times a week | 4 or more times or daily

In the past 12 months:

Not eating certain types of food or cutting down on certain types of food is something I worry about

Never | Once a month | 2-4 times a month | 2-3 times a week | 4 or more times or daily

In the past 12 months:

I spend a lot of time feeling sluggish or fatigued from overeating

Never | Once a month | 2-4 times a month | 2-3 times a week | 4 or more times or daily

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 YFAS uses multiple-choice questions that explore the frequency of problematic eating behaviors over the past 12 months. The responses are used to determine the number of dependence criteria met (threshold cutoffs), leading to an overall score that reflects the severity of a potential food addiction according to DSM-IV criteria.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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★★★★★

“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

Elodie C. - CBT Psychologist