

Eating Attitudes Test (EAT-11)¹

The EAT-11 is a shortened validated version of the EAT-26. The EAT-11 asks 11 questions related to thoughts, beliefs, and fears regarding food choices and behavioral questions related to diet and exercise. The online screening also includes six behavioral questions relating to bingeing and purging.

Sample Screening Questions:

- I am terrified about being overweight.
- I feel extremely guilty after eating.
- I have the impulse to vomit after meals.

These questions can be answered as follows; the score related to each answer is included in parentheses:

- Always (3)
- Usually (2)
- Often (1)
- Sometimes (0)
- Rarely (0)
- Never (0)

The remaining six behavioral questions relate to the frequency of bingeing and purging behaviors in the last three months, and weight loss of 20 pounds or more in the previous six months.

These questions can be answered as follows:

- Never
- Once a month or less
- 2-3 times a month
- Once a week
- 2-6 times a week
- Once a day or more
- The weight loss question is answered Yes or No.

Interpretation:

Individuals will score *at risk* for an eating disorder if they score above the threshold for the EAT-11, the behavioral questions, or both. Individuals will only score *not at risk* for an eating disorder if they are below the threshold for both the EAT-11 and the behavioral questions.

¹ Garner, D. M., Olmsted, M. P., Bohr, Y. and Garfinkel, P.E. (1982). The eating attitudes test: Psychometric features and clinical correlates. *Psychological Medicine*, 12, 871-878.