



Red Willow

COUNSELING & RECOVERY

### Eating Attitudes Test (EAT-26)

	Always	Usually	Often	Sometimes	Rarely	Never
1. Am terrified about being overweight.						
2. Avoid eating when I am hungry.						
3. Find myself preoccupied with food.						
4. Have gone on eating binges where I feel that						
5. Cut my food into small pieces.						
6. Aware of the calorie content of foods that I eat.						
7. Particularly avoid food with a high carbohydrate.						
8. Feel that others would prefer if I ate more.						
9. Vomit after I have eaten.						
10. Feel extremely guilty after eating						
11. Am preoccupied with a desire to be thinner.						
12. Think about burning up calories when I exercise						
13. Other people think that I am too thin.						
14. Am preoccupied with the thought of having						
15. Take longer than others to eat my meals.						
16. Avoid foods with sugar in them.						
17. Eat diet foods.						

18. Feel that food controls my life.						
19. Display self-control around food						
20. Feel that others pressure me to eat						
21. Give too much time and thought to food.						
22. Feel uncomfortable after eating sweets.						
23. Engage in dieting behavior						
24. Like my stomach to be empty.						
25. Have the impulse to vomit after meals.						
26. Enjoy trying new rich foods.						

### Scoring

For all items **except #26** on the Eating Attitudes Test, each of the responses receives the following value:

- Always = 3
- Usually = 2
- Often = 1
- Sometimes = 0
- Rarely = 0
- Never = 0

**For item #26**, the responses receive these values:

- Always = 0
- Usually = 0
- Often = 0
- Sometimes = 1
- Rarely = 2
- Never = 3

Add up your scores. A score of 20 on the EAT-26 indicates a high level of concern about dieting, body weight or problematic eating behaviors. Because your score is above 20, you should seek an evaluation by a qualified professional.