

EATING DISORDER EXAMINATION - QUESTIONNAIRE - (EDE - Q4) (FAIRBURN & COOPER 1993)

The EDE Q4 is a 36 item self-report questionnaire designed to measure eating attitudes and behaviour. The adult version has been adapted slightly for use with an adolescent population. The respondent is asked to report on attitudes and behaviour over the last 2 weeks.

Scoring

Each item is scored 0-6. Scores are obtained for 4 subscales (restraint, eating concern, shape concern and weight concern) using the following scoring key. (See enclosed). A mean score for each subscale should be calculated. Global EDE-Q is calculated by adding the mean subscale scores and dividing by 4.

Interpretation

Approximate norms for normal controls, anorexia nervosa and bulimia nervosa are as follows:-

	<u>Normal controls</u>	<u>Anorexia nervosa</u>	<u>Bulimia Nervosa</u>
Restraint	0.79	3.1-3.8	3.1-3.45
Eating concern	0.2	2.1-2.8	2.4-2.6
Weight concern	1.0	2.4-2.9	3.1-3.9
Shape concern	1.1	2.8-3.5	3.5-4.1

(exact figures depends on the study)

Reference

Fairburn, C.G. & Cooper, Z (1993). The Eating Disorder Examination. In Binge Eating: Nature, assessment and treatment. (Eds. C.G. Fairburn & G.T. Wilson). New York: Guilford Press. pp 317-3.60.

ENCL.