

Subscales of EDE

<u>Restraint</u>	<u>Question</u>
Restraint over eating	1
Avoidance of eating	2
Food avoidance	3
Dietary rules	4
Empty stomach	5
 <u>Eating Concern</u>	
Preoccupation with food, eating, calories	6
Fear of losing control over eating	7
Social eating	34
Eating in secret	9
Guilt about eating	15
 <u>Shape Concern</u>	
Flat stomach	10
Importance of shape	30
Preoccupation with shape or weight	11
Dissatisfaction with shape	33
Fear of weight gain	12
Discomfort seeing body	35
Avoidance of exposure	36
Feelings of fatness	13
 <u>Weight Concern</u>	
Importance of weight	29
Reaction to prescribed weighing	31
Preoccupation with shape or weight	11
Dissatisfaction with weight	32
Desire to lose weight	14