

Dietary Rules Inventory (DRI)

Nature and use

The Dietary Rules Inventory (DRI) is a 28-item self-report measure designed to assess the dietary rules of patients with eating disorders. It is focused on the last 28 days. The 28 items cover the principal dietary rules associated with eating disorder psychopathology.

The DRI It is quick and easy to complete, and could, therefore, be readily integrated into routine clinical practice, providing a better understanding of the dietary rules driving eating behaviours in patients with eating disorders, and therefore, targets for intervention. It can be also used in the studies which assess the effect of the treatment of eating disorder.

Status of the DRI

The design and validation of the SSI has been published on *Eating and Weight Disorders*. A transdiagnostic sample of 320 patients with eating disorders, as well as 95 patients with obesity and 122 healthy controls were recruited. Patients with eating disorders also completed the Dutch Eating Behaviour Questionnaire (DEBQ), the Eating Disorder Examination Questionnaire, the Brief Symptoms Inventory and the Clinical Impairment Assessment. Dietary rules were rated on a continuous Likert-type scale (0–4), rating how often (from never to always) they had been applied over the previous 28 days. DRI scores were significantly higher in patients with eating disorders than in patients with obesity and healthy controls. Principal factor analysis identified that 55.8% of the variance was accounted for by four factors, namely ‘what to eat’, ‘social eating’, ‘when and how much to eat’ and ‘caloric level’. Both global score and subscales demonstrated high internal and test–retest reliability. The DRI global score was significantly correlated with the DEBQ ‘restrained eating’ subscale, as well as eating-disorder and general psychopathology and clinical impairment scores, demonstrating good convergent validity. These findings suggest that the DRI is a valid self-report questionnaire that may provide important clinical information regarding the dietary rules underlying dietary restraint in patients with eating disorders.

Scoring of the DRI

- *Global score*: sum of all items divided by 28
- *What to eat*: sum of items 5, 9, 10, 11, 12, 13, 14, 17 divided by 7
- *Social eating*: sum of items 2, 7, 8, 15, 16, 18, 19 divided by 7
- *When and how much to eat*: sum of items 21, 3, 4, 6, 20, 21, 22, 23, 24, 27, 28 divided by 11
- *Caloric level*: sum of items 25, 26, divided by 2

References

Calugi, S., Morandini, N., Milanese, C., Dametti, L., Sartirana, M., Fasoli, D., & Dalle Grave, R. (2021). Validity and reliability of the Dietary Rules Inventory (DRI). *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*. doi:10.1007/s40519-021-01177-6 [Full Text](#)