

Appendix 1: The Eating Attitudes Test

EAT

Please place an (X) under the column which applies best to each of the numbered statements. All of the results will be strictly confidential. Most of the questions directly relate to food or eating, although other types of questions have been included. Please answer each question carefully. Thank you.

| | Always | Very Often | Often | Sometimes | Rarely | Never |
|--|--------|------------|-------|-----------|--------|-------|
| 1. Like eating with other people | () | () | () | () | () | () |
| 2. Prepare foods for others but do not eat what I cook | () | () | () | () | () | () |
| 3. Become anxious prior to eating | () | () | () | () | () | () |
| 4. Am terrified about being overweight | () | () | () | () | () | () |
| 5. Avoid eating when I am hungry | () | () | () | () | () | () |
| 6. Find myself preoccupied with food | () | () | () | () | () | () |
| 7. Have gone on eating binges where I feel that I may not be able to stop | () | () | () | () | () | () |
| 8. Cut my food into small pieces | () | () | () | () | () | () |
| 9. Aware of the calorie content of the foods that I eat | () | () | () | () | () | () |
| 10. Particularly avoid foods with a high carbohydrate content (eg. bread, potatoes, rice etc.) | () | () | () | () | () | () |
| 11. Feel bloated after meals | () | () | () | () | () | () |
| 12. Feel that others would prefer if I ate more | () | () | () | () | () | () |
| 13. Vomit after I have eaten | () | () | () | () | () | () |
| 14. Feel extremely guilty after eating | () | () | () | () | () | () |
| 15. Am preoccupied with a desire to be thinner | () | () | () | () | () | () |
| 16. Exercise strenuously to burn off calories | () | () | () | () | () | () |
| 17. Weigh myself several times a day | () | () | () | () | () | () |
| 18. Like my clothes to fit tightly | () | () | () | () | () | () |
| 19. Enjoy eating meat | () | () | () | () | () | () |
| 20. Wake up early in the morning | () | () | () | () | () | () |
| 21. Eat the same foods day after day | () | () | () | () | () | () |
| 22. Think about burning up calories when I exercise | () | () | () | () | () | () |
| 23. Have regular menstrual periods | () | () | () | () | () | () |
| 24. Other people think that I am too thin | () | () | () | () | () | () |
| 25. Am preoccupied with the thought of having fat on my body | () | () | () | () | () | () |
| 26. Take longer than others to eat my meals | () | () | () | () | () | () |
| 27. Enjoy eating at restaurants | () | () | () | () | () | () |
| 28. Take laxatives | () | () | () | () | () | () |
| 29. Avoid foods with sugar in them | () | () | () | () | () | () |
| 30. Eat diet foods | () | () | () | () | () | () |
| 31. Feel that food controls my life | () | () | () | () | () | () |
| 32. Display self control around food | () | () | () | () | () | () |
| 33. Feel that others pressure me to eat | () | () | () | () | () | () |
| 34. Give too much time and thought to food | () | () | () | () | () | () |
| 35. Suffer from constipation | () | () | () | () | () | () |
| 36. Feel uncomfortable after eating sweets | () | () | () | () | () | () |
| 37. Engage in dieting behaviour | () | () | () | () | () | () |
| 38. Like my stomach to be empty | () | () | () | () | () | () |
| 39. Enjoy trying new rich foods | () | () | () | () | () | () |
| 40. Have the impulse to vomit after meals | () | () | () | () | () | () |