**ED-15**

This questionnaire considers your eating attitudes and behaviours over the last week. Please complete this measure by ticking the appropriate answers for all items.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Over the past week, how often have I:** | Not at all | Rarely | Occasionally | Sometimes | Often | Most of the time | All the time |
| 1 | Worried about losing control over my eating. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | Avoided activities or people because of the way I look | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | Been preoccupied with thoughts of food and eating | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | Compared my body negatively with others’ | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | Avoided looking at my body (e.g., in mirrors; wearing baggy clothes) because of the way it makes me feel | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6 | Felt distressed about my weight | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | Checked my body to reassure myself about my appearance (e.g., weighing myself; using mirrors) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | Followed strict rules about my eating | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9 | Felt distressed about my body shape | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10 | Worried that other people were judging me as a person because of my weight and appearance. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

**If you have never used any of the following behaviors, please respond with N/A.**

|  |  |
| --- | --- |
| **For those that you have used, over the past week, how many times have you:** | *Number of times* |
| a | Binged (felt out of control of your eating, and eaten far more than a person normally would at one go) |  |
| b | Vomited to control your weight (whether you had to make yourself sick or not) \* |  |
| **Finally, on how many days in the past week have you:** | *Number of days* |
| c | Used laxatives to control your weight or shape |  |
| d | Restricted or dieted in order to control your weight |  |
| e | Exercised hard in order to control your weight |  |

* *i.e., Using your fingers or medicines to make yourself sick, or vomiting without such aids*