Eating Attitudes Test (EAT-26)

# Scoring Guide

Use this guide to score the EAT-26 questionnaire from the AEDA Screening page (aeda.me/screening), whether you completed it yourself or are supporting someone else.

> **This is a screening questionnaire, not a diagnosis.** Its purpose is to help you decide whether it would be helpful to speak with a professional. Only a qualified professional can diagnose an eating disorder.

## Step 1 · Score Part B (statements 1–26)

Give each answer the points shown below. Statement 26 is scored the other way round.

| Your answer | Statements 1–25 | Statement 26 |
|---|---|---|
| Always | 3 | 0 |
| Usually | 2 | 0 |
| Often | 1 | 0 |
| Sometimes | 0 | 1 |
| Rarely | 0 | 2 |
| Never | 0 | 3 |

Add up the points for all 26 statements to get your **total score** (between 0 and 78).

## Step 2 · Check your answers in Part C

In the past 6 months, did you have **any** of the following?

- eating binges where you felt you could not stop, **2–3 times a month or more**,
- making yourself sick (vomiting) to control your weight or shape, **even once**,
- using laxatives, diet pills or diuretics to control your weight or shape, **even once**,
- exercising more than 60 minutes a day to lose or control weight, **once a day or more**, or
- losing **9 kg (20 lbs) or more**.

## Step 3 · Your weight

Low body weight is also a reason to speak with a professional. This applies if **your weight is low for your age and height**, or if **a doctor or nurse has told you that you are underweight**.

If you complete the questionnaire online at aeda.me, this is checked automatically from your height and weight.


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## What your result means

| If... | What it means and what to do next |
|---|---|
| **Your total score is 20 or more**, or Step 2 or Step 3 applies to you | Your answers suggest it would be helpful to speak with a professional who specialises in eating disorders. This is not a diagnosis, but it is a good next step. You can find support near you in the **AEDA Helpline Directory**: aeda.me/helpline-directory.html |
| **Your total score is below 20** and neither Step 2 nor Step 3 applies to you | Your answers do not meet the screening criteria on this questionnaire. This does not rule out an eating difficulty. If you are worried about your eating, your body or your wellbeing, it is always okay to reach out for support. |

**A low score does not mean everything is fine.** Some people with eating difficulties, including binge eating, score below 20. If something does not feel right, trust that feeling and talk to someone.

**See a doctor soon** if you are vomiting or using laxatives or diet pills regularly, are losing weight quickly, or feel dizzy, faint, very tired or have heart palpitations.

## Next steps

- Find specialist support in your country in the **AEDA Helpline Directory**: aeda.me/helpline-directory.html
- You can take this questionnaire to your doctor, psychologist or school counsellor to start the conversation.
- If you are supporting someone, approach them gently and with care, and focus on how they are feeling rather than on food or weight.
- **Professionals:** the EAT-26 is a first-stage screen. A positive result should be followed by a clinical assessment.

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