Eating Attitudes. To give your students some insights into their own attitudes toward food and their eating habits, ask them to complete Handout 14-5, the Eating Attitudes Test (EAT), by Garfinkel and Garner (1979). Your students are to respond using a 6-point scale (ranging from "always" to "never") to indicate how often each item on the EAT is true for them. To determine the total score, your students must convert all "1" ratings ("always" ratings) to 3's, "2" ratings ("very often") remain 2's, and "3" ratings ("often") become 1's. All other ratings are scored as zeroes. [NOTE: If your students did not use the "1" rating ("always"), they should convert "2" ratings ("very often") to 3's, "3" ratings to 2's, and "4" ratings to 1's. All other ratings are converted to zeroes.] The total EAT-26 score thus ranges from zero to 78, with higher scores (>26) indicating more disturbed dieting behaviors. Class averages for both male and female students can be computed if you have your students turn in their scores along with an indication of their sex. Your students will likely be surprised at how high the average scores are (especially for women).


Eating Attitudes Test

Directions: On the blank beside each item, indicate the number that most closely represents the frequency with which each item happens for you.

1. _____ Am terrified about being overweight
2. _____ Avoid eating when I am hungry
3. _____ Find myself preoccupied with food
4. _____ Have gone on eating binges where I feel that I may not be able to stop
5. _____ Cut my food into small pieces
6. _____ Aware of the calorie content of foods that I eat
7. _____ Particularly avoid foods with high carbohydrate content (e.g., bread, rice, potatoes)
8. _____ Feel that others would prefer if I ate more
9. _____ Vomit after I have eaten
10. _____ Feel extremely guilty after eating
11. _____ Am preoccupied with a desire to be thinner
12. _____ Think about burning up calories when I exercise
13. _____ Other people think that I am too thin
14. _____ Am preoccupied with the thought of having fat on my body
15. _____ Take longer than others to eat my meals
16. _____ Avoid foods with sugar in them
17. _____ Eat diet foods
18. _____ Feel that food controls my life
19. _____ Display self-control around food
20. _____ Feel that others pressure me to eat
21. _____ Give too much time and thought to food
22. _____ Feel uncomfortable after eating sweets
23. _____ Engage in dieting behavior
24. _____ Like my stomach to be empty
25. _____ Enjoy trying new, rich foods
26. _____ Have the impulse to vomit after meals

TOTAL EAT SCORE (after conversion): ________