MUNICH EATING DISORDER QUESTIONNAIRE (Munich EDQuest)

Manfred Fichter und Norbert Quadflieg

Scoring sheet

Name: _____Date of Birth: _____ Code/No.:_____

Rater: _____Date: _____

(Please transfer answer codes from the questionnaire)

No.	Item	**Preoccupation with Figure and Weight**	**Bingeing and Vomiting**	**Inappropriate Compensatory Behavior**
2.	Perfectionism			
3.	Intense fear about gaining weight			
4.	Doing everything to prevent weight gain			
5.	Self-esteem influenced by body shape and weight			
6.	Consuming as few calories as possible			
7.	Avoiding high calorie food			
9.	Disturbed perception of body weight			
10.	Disturbed perception of body shape			
11.	Not caring about being underweight			
12a.	Binge eating			
12b.	Consumption of high-calorie foods during binge eating			
13.	Loss of control during binge eating			
14.	Distress with binge eating			
15.	Nocturnal eating			
16.	Distress due to nocturnal eating			

→	Sum page 1	**Sub 1:**	**Sub 2:**	

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No.	Item	Preoccupation with Figure and Weight	Bingeing and Vomiting	Inappropriate Compensatory Behavior
17a.	Loss of achievement potential due to nocturnal eating			
18.	Grazing			
19a.	Feeling uncomfortably full after grazing			
20.	Eating more when under stress			
21.	Reduced performance at school or work			
22.	Checking compulsion			
23.	Compulsion of washing and cleaning			
24.	Obsessive eating rituals			
25.	Ruminations on eating and food			
26.	Obsessions about slimness and weight loss			
27.	Not noticing pain or hunger			
28.	Limited leisure activities			
29.	Keeping quiet about disturbed eating			
30.	Needing help for overcoming eating problems			
31.	Diminished desire for sexuality			
32a.	Insufficient food intake due to having no interest in eating			
32b.	Insufficient food intake due to dislike of food			
32c.	Insufficient food intake due to negative experience with food			
33.	Weight loss due to insufficient food intake			
34.	Malnutrition due to insufficient food intake			
35.	Need of food supplements due to insufficient food intake			
36.	Less productive due to insufficient food intake			

→	Sum page 2	**Sub 1:**	**Sub 2:**	**Sub 3:**

No.	Item	Preoccupation with Figure and Weight	Bingeing and Vomiting	Inappropriate Compensatory Behavior
37.	Boredom was unbearable			
38.	Feeling pressured by other people's expectations			
39.	Not being honest about eating behavior			
40.	Feeling out of control of one's life			
45.	Increased anxiety			
46.	Chewing and spitting out of food			
47.	Eating-dominated life			
48.	Feeling good with an empty stomach			
49.	Feeling guilty after eating			
50.	Eating secretly			
51a.	Regurgitation of food			
52a.	Vomiting			
53a.	Laxative use			
54a.	Diuretics			
55a.	Appetite suppressants			
56a.	Medication to increase thyroid function			
57b.	Neglect of insulin treatment			
58a.	Fasting for more than 24 hours			
59a.	Excessive exercise			
60a.	Enemas			
61a.	Emetics			
64.	Self injury			
65.	Tranquilizers			

→	Sum page 3	**Sub 1:**	**Sub 2:**	**Sub 3:**

Sum and Mean Scores

	Subscale 1: Preoccupation with Figure and Weight	**Subscale 2: Bingeing and Vomiting**	**Subscale 3: Inappropriate Compensatory Behavior**	**Total score**
Sum page 1				
Sum page 2				
Sum page 3				
Sum score	**Σ**	**Σ**	**Σ**	**Σ Sub1+2+3**
Mean score	**Σ**:33*	**Σ**:12*	**Σ**:15*	**Σ**:60*

* These numbers should be reduced by the number of items not answered.

Interpretation of any scale is not recommended if more than 10% of the items were not answered.

This is in

Sub scale 1 more than 4 Items missing

Sub scale 2 more than 2 Items missing

Sub scale 3 more than 2 Items missing

Total score more than 6 Items missing