Disordered Eating Attitude Scale – DEAS (and score system)


- Higher scores means worse eating attitude; score in each question varies from 1 to 5;
- For question 1, its necessary to score each alternative to have question 1 score;
- Minimum score is 37 and maximum is 190;
- Correspondent score for each alternative is in read bellow.

**PART I**

1) Mark with an X how healthy and necessary you consider consumption of each kind of food below:

**a) Sugar**
- Eating this food *often* is healthy and necessary 1 point
- Eating this food *occasionally* is healthy and necessary 1 point
- *Not eating* this food is healthy and necessary 5 point

**French Fries**
- Eating this food *often* is healthy and necessary 1 point
- Eating this food *occasionally* is healthy and necessary 1 point
- *Not eating* this food is healthy and necessary 5 point

**Oil**
- Eating this food *often* is healthy and necessary 1 point
- Eating this food *occasionally* is healthy and necessary 1 point
- *Not eating* this food is healthy and necessary 5 point

**b) Breads**
- Eating this food *often* is healthy and necessary 1 point
- Eating this food *occasionally* is healthy and necessary 3 point
- *Not eating* this food is healthy and necessary 5 point

**Rice**
- Eating this food *often* is healthy and necessary 1 point
- Eating this food *occasionally* is healthy and necessary 3 point
- *Not eating* this food is healthy and necessary 5 point

**Beans**
- Eating this food *often* is healthy and necessary 1 point
- Eating this food *occasionally* is healthy and necessary 3 point
- *Not eating* this food is healthy and necessary 5 point

**Pasta**
- Eating this food *often* is healthy and necessary 1 point
- Eating this food *occasionally* is healthy and necessary 3 point
- *Not eating* this food is healthy and necessary 5 point

**Red meat**
- Eating this food *often* is healthy and necessary 1 point
- Eating this food *occasionally* is healthy and necessary 3 point
- *Not eating* this food is healthy and necessary 5 point
Whole milk
☐ Eating this food *often* is healthy and necessary 1 point
☐ Eating this food *occasionally* is healthy and necessary 3 point
☐ *Not eating* this food is healthy and necessary 5 point

Cheese
☐ Eating this food *often* is healthy and necessary 1 point
☐ Eating this food *occasionally* is healthy and necessary 3 point
☐ *Not eating* this food is healthy and necessary 5 point

c) Vegetables
☐ Eating this food *often* is healthy and necessary 1 point
☐ Eating this food *occasionally* is healthy and necessary 3 point
☐ *Not eating* this food is healthy and necessary 5 point

Fruits
☐ Eating this food *often* is healthy and necessary 1 point
☐ Eating this food *occasionally* is healthy and necessary 3 point
☐ *Not eating* this food is healthy and necessary 5 point

White meat
☐ Eating this food *often* is healthy and necessary 1 point
☐ Eating this food *occasionally* is healthy and necessary 3 point
☐ *Not eating* this food is healthy and necessary 5 point

2) Do you feel pleasure when you eat?
☐ Yes 1 point ☐ No 5 point

3) Does eating ever feel unnatural to you?
☐ Yes 5 point ☐ No 1 point

4) Have you ever spent one or more days without eating or having only liquids because you believed you could lose weight?
☐ Yes 5 point ☐ No 1 point

5) Do you count the calories of everything you eat?
☐ Yes 5 point ☐ No 1 point

6) Do you enjoy the feeling of an empty stomach?
☐ Yes 5 point ☐ No 1 point

7) Do you “skip” meals to avoid putting on weight?
☐ Yes 5 point ☐ No 1 point
8) Does eating make you feel "dirty"?
☐ Yes. 5 point ☐ No. 1 point

9) Do you have good memories related to food?
☐ Yes. 1 point ☐ No. 5 point

10) Would you like to not need to eat?
☐ Yes. 5 point ☐ No. 1 point

11) Do you believe that it is normal to eat sometimes just because you are sad, upset or bored?
☐ Yes. 1 point ☐ No.

12) When you eat more than usual, what is your behavior afterwards?
☐ Restart eating as usual. 1 point
☐ Assume you have lost control and keep eating even more. 3 point
☐ Decide to go on a diet to compensate. 3 point
☐ Use some kind of compensation, such as physical activity, vomiting, laxatives and diuretics. 5 point

PART II
All question (13 to 25) score in the same way:
Always = 5 points
Usually = 4 points
Often = 3 points
Sometimes = 2 points
Rarely/never = 1 points

13) I feel guilty when I eat something that I thought I should not eat for some reason.
☐ Always ☐ Usually ☐ Often ☐ Sometimes ☐ Rarely/Never

14) I quit eating a kind of food if I find out it has more calories than I thought.
☐ Always ☐ Usually ☐ Often ☐ Sometimes ☐ Rarely/Never

15) I worry all the time about what I am going to eat, how much to eat, how to prepare food and whether I should eat or not.
☐ Always ☐ Usually ☐ Often ☐ Sometimes ☐ Rarely/Never

16) I worry about how much a certain kind of food or meal will make me gain weight.
☐ Always ☐ Usually ☐ Often ☐ Sometimes ☐ Rarely/Never
17) I am angry when I feel hungry.
   □ Always □ Usually □ Often □ Sometimes □ Rarely/Never

18) It is hard to choose what to eat, because I always think I should eat less or choose the option with fewer calories.
   □ Always □ Usually □ Often □ Sometimes □ Rarely/Never

19) When I desire a specific kind of food, I know I won't stop eating until I have finished with it.
   □ Always □ Usually □ Often □ Sometimes □ Rarely/Never

20) I would like to have my appetite and eating behavior under total control.
   □ Always □ Usually □ Often □ Sometimes □ Rarely/Never

21) I try eating less in front of others in order to overeat when I am alone.
   □ Always □ Usually □ Often □ Sometimes □ Rarely/Never

22) I am afraid to start eating and not be able to stop.
   □ Always □ Usually □ Often □ Sometimes □ Rarely/Never

23) I dream of a pill that would replace food.
   □ Always □ Usually □ Often □ Sometimes □ Rarely/Never

24) I get nervous and/or lose my self-control at parties and buffets, due to a great amount of foods available.
   □ Always □ Usually □ Often □ Sometimes □ Rarely/Never

25) My relationship with food messes up my life as a whole.
   □ Always □ Usually □ Often □ Sometimes □ Rarely/Never

SUBSCALES:
Subscale 1 (Relationship with food) includes questions 8,10,13, 17,18,19,20,21,22,23,24 and 25;
Subscale 2 (Concerns about food and weight gain) includes questions 5,14,15 and 16;
Subscale 3 (Restrictive and compensatory practices) includes questions: 4,6,7 and 12;
Subscale 4 (Feeling toward eating) includes questions: 2,3 and 9;
Subscale 5 (Idea of normal eating) includes questions: 1a,b,c and 11.