

Disordered Eating Attitude Scale – DEAS (and score system)

Alvarenga et al. Development and validity of the Disordered Eating attitude Scale. *Perceptual and Motor Skills*, 2010, 2:379-395.

- 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.