**Child Eating Disorder Examination Questionnaire (ChEDE‐Q8)**

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| These questions are about the PAST TWO WEEKS ONLY (14 DAYS).  Please read each question carefully and circle the response for each question. | | **Scoring** | | | | | | |
| On how many days of the past 14 days… | | **0** | **1** | **2** | **3** | **4** | **5** | **6** |
| Restraint over eating | ..Have you been trying to cut down on food to control your weight or shape? | No  days | 1–2  days | 3–6  days | 7 days | 8–10 days | 12–13  days | Every  day |
| Food avoidance | …Have you tried not to eat any foods you like to control your weight and shape? | No  days | 1–2  days | 3–6  days | 7 days | 8–10 days | 12–13  days | Every  day |
| Preoccupation with food | …Has thinking about food or calories made it much harder to concentrate on things you are interested  in; for example, reading, watching tv, or doing your homework? | No  days | 1–2  days | 3–6  days | 7 days | 8–10 days | 12–13  days | Every  day |
| Feelings of fatness | Have you felt fat? | No  days | 1–2  days | 3–6  days | 7 days | 8–10 days | 12–13  days | Every  day |
| Desire to lose weight | Have you had a very strong wish to lose weight | No  days | 1–2  days | 3–6  days | 7 days | 8–10 days | 12–13  days | Every  day |
| Guilt about eating | Over the past 2 weeks/14 days: How often have you felt guilty after eating because of the effect on your shape and weight?  (Do not count binges – times when you have eaten a really big amount of food and felt out of control) | None of the times | A few of the times | Less than half the times | Half the times | More than half the times | Most of the time | Every time |
| Dissatisfaction with weight | Over the past 2 weeks/14 days: How unhappy have you felt about your weight? | 0  NOT  AT ALL | 1 | 2  SLIGHTLY (a little bit unhappy) | 3 | 4  MODERATELY  (a lot) | 5 | 6  MARKEDLY  (very, very much) |
| Discomfort seeing body | Over the past 2 weeks/14 days How uncomfortable have you felt seeing your body: for  example, in the mirror, in shop windows, when you undress  or when you have a bath or shower? | 0  NOT  AT ALL | 1 | 2  SLIGHTLY (a little bit unhappy) | 3 | 4  MODERATELY  (a lot) | 5 | 6  MARKEDLY  (very, very much) |

This scale is freely reproducible. Permission was obtained from the author on 6/12/19:

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