



# EATING DISORDER SYMPTOM SEVERITY SCALE (EDS<sup>3</sup>)

## RATING SHEET

Patient's Name: \_\_\_\_\_

Rater's Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_ (dd/mm/yy)

Date of Birth: \_\_\_\_\_ (dd/mm/yy) Age: \_\_\_\_

Diagnosis: AN-R    AN-BP    BN    EDNOS

BMI: \_\_\_\_\_ % IBW: \_\_\_\_\_

\_\_\_\_\_

### ADMINISTRATION

Read the item descriptions in the EDS<sup>3</sup> Item Booklet and choose the rating level that best describes the youth's current state within the last week. Write your answers in the appropriate columns below.

### EATING DISORDERED BEHAVIOURS SUBSCALE

	0	1	2	3	Rating
1. Food Restriction	No restriction	Mild restriction	Moderate restriction	Severe restriction	
2. Binge Eating	No binge eating	Mild binge eating	Moderate binge eating	Severe binge eating	
3. Vomiting	No vomiting	Mild vomiting	Moderate vomiting	Severe vomiting	
4. Excessive Exercise	No exercise	Mild exercise	Moderate exercise	Severe exercise	
<b>AN-Behaviours Total Raw Score (item 1 + 4) =</b>					
<b>BN-Behaviours Total Raw Score (item 2 + 3) =</b>					
<b>Eating Disordered Behaviours Total Raw Score (items 1 + 2 + 3 + 4) =</b>					

### EATING DISORDERED COGNITIONS SUBSCALE

	0	1	2	3	Rating
5. Body Image Dissatisfaction	No dissatisfaction	Mild dissatisfaction	Moderate dissatisfaction	Severe dissatisfaction	
6. Body Image Distortion	No distortion	Mild distortion	Moderate distortion	Severe distortion	
7. Fear of gaining Weight and/or Becoming "Fat"	No fear	Mild fear	Moderate fear	Severe fear	
8. Importance of Appearance to Self-Esteem	No influence	Mild influence	Moderate influence	Severe influence	
9. Preoccupation With Food/Weight	No preoccupation	Mild preoccupation	Moderate preoccupation	Severe preoccupation	
<b>Eating Disordered Cognitions Total Raw Score =</b>					

## EATING DISORDER ANXIETY SUBSCALE

	0	1	2	3	Rating
10. Food Anxiety	No food anxiety	Mild food anxiety	Moderate food anxiety	Severe food anxiety	
11. Eating Rituals	No rituals	Mild rituals	Moderate rituals	Severe rituals	
12. Social Anxiety Related to Eating & Body Image	No social anxiety	Mild social anxiety	Moderate social anxiety	Severe social anxiety	
<b>Eating Disorder Anxiety Subscale Raw Score =</b>					

## TREATMENT PROGRESS SUBSCALE

	0	1	2	3	Rating
13. Motivation for Treatment	Consistent motivation	Frequent motivation	Occasional motivation	No motivation	
14. Cooperation During Treatment	Consistent cooperation	Frequent cooperation	Occasional cooperation	No cooperation	
15. Distorted Beliefs About Treatment	No distorted beliefs	Mild distorted beliefs	Moderate distorted beliefs	Severe distorted beliefs	
16. Ability/Hope for Recovery	Consistent ability/hope	Frequent ability/hope	Occasional ability/hope	No ability/hope	
<b>Treatment Progress Subscale Raw Score =</b>					

## SCORING

Enter the raw scores for each of the five subscales into their appropriate boxes in the Raw Score column. Add the subscale scores to calculate the Total Symptom Severity Score.

Subscales	Raw Score
AN-Behaviours Total Subscale Raw Score (item 1 + 4) =	
BN-Behaviours Total Subscale Raw Score (item 2 + 3) =	
Eating Disordered Behaviours Total Raw Score (items 1 + 2 + 3 + 4) =	
Eating Disordered Cognitions Total Subscale Raw Score	
Eating Disorder Anxiety Total Subscale Raw Score	
Treatment Progress Total Subscale Raw Score	
<b>TOTAL SYMPTOM SEVERITY SCORE =</b>	

## MONITORING PATIENT PROGRESS

Enter the raw scores from previous assessments into the boxes below to monitor overall symptom improvement.

Date of Assessment →	dd/mm/yy	dd/mm/yy	dd/mm/yy	dd/mm/yy	dd/mm/yy
AN-Behaviours Subscale					
BN-Behaviours Subscale					
Eating Disordered Behaviours Subscale					
Eating Disordered Cognitions Subscale					
Eating Disorder Anxiety Subscale					
Treatment Progress Subscale					
Total Symptom Severity Score					
BMI or % Ideal Body Weight					