



Download

Share

Export

Eating Behaviors

Available online 27 March 2020, 101381

In Press, Journal Pre-proof

Community norms for the Eating Disorder Examination Questionnaire (EDE-Q) among transgender men and women

Jason M. Nagata ^a , Stuart B. Murray ^b, Emilio J. Compte ^{c, d}, Erica H. Pak ^b, Rebecca Schauer ^b, Annesa Flentje ^{b, e, f}, Matthew R. Capriotti ^{g, e, h}, Micah E. Lubensky ^{e, f}, Mitchell R. Lunn ^{e, i}, Juno Obedin-Maliver ^{e, j}

Show more

<https://doi.org/10.1016/j.eatbeh.2020.101381>

[Get rights and content](#)

Under a Creative Commons [license](#)

[open access](#)

Highlights

- We present EDE-Q norms for transgender men and women.
- The highest subscale scores for were Shape Concerns and Weight Concerns.
- Transgender men reported dietary restraint (25%) and objective binge episodes (11%).
- Transgender women reported dietary restraint (28%) and objective binge

Abstract

Transgender men and women may be at risk for eating disorders, but prior community norms of the Eating Disorders Examination Questionnaire (EDE-Q) are based on presumed cisgender men and woman and have not intentionally included transgender people. The objective of this study was to develop community norms for eating disorder attitudes and disordered eating behaviors in transgender men and women using the EDE-Q. Participants were 312 transgender men and 172 transgender women participants in The PRIDE Study, an existing cohort study of sexual and gender minority people. We present mean scores, standard deviations, and percentile ranks for the Global score and four subscale scores of the EDE-Q in transgender men and women. Transgender men and women reported any occurrence (≥ 1 /week) of dietary restraint (25.0% and 27.9%), objective binge episodes (11.2% and 12.8%), excessive exercise (8.0% and 8.1%), self-induced vomiting (1.6% and 1.7%), and laxative misuse (.3% and .6%), respectively. Compared to a prior study of presumed cisgender men 18–26years ([Lavender, De Young, & Anderson, 2010](#)), our age-matched subsample of transgender men reported lower rates of objective binge episodes and excessive exercise. Compared to a prior study of presumed cisgender women 18–42years ([Mond, Hay, Rodgers, & Owen, 2006](#)), we found that an age-matched sample of transgender women reported higher rates of dietary restraint but lower rates of excessive exercise. These norms should aid clinicians in applying and researchers in investigating and interpreting the EDE-Q scores of transgender men and women.

Loading...

[Recommended articles](#)

[Citing articles \(0\)](#)

References

- [Ålgars et al., 2012](#) M. Ålgars, K. Alanko, P. Santtila, N.K. Sandnabba
Disordered eating and gender identity disorder: A qualitative study
Eating Disorders, 20 (4) (2012), pp. 300-311, [10.1080/10640266.2012.668482](https://doi.org/10.1080/10640266.2012.668482)
[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Avila et al., 2019](#) J.T. Avila, N.H. Golden, T. Aye

Eating disorder screening in transgender youth

The Journal of Adolescent Health: Official Publication of the Society for Adolescent Medicine, 65 (6) (2019), pp. 815-817, [10.1016/j.jadohealth.2019.06.011](#)

[View Record in Scopus](#) [Google Scholar](#)

[Becker et al., 2016](#) I. Becker, T.O. Nieder, S. Cerwenka, P. Briken, B.P.C. Kreukels, P.T. Cohen-Kettenis, ..., H. Richter-Appelt

Body image in young gender dysphoric adults: A european multi-center study

Archives of Sexual Behavior, 45 (3) (2016), pp. 559-574, [10.1007/s10508-015-0527-z](#)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Brewster et al., 2019](#) M.E. Brewster, B.L. Velez, A.S. Breslow, E.F. Geiger

Unpacking body image concerns and disordered eating for transgender women: The roles of sexual objectification and minority stress

Journal of Counseling Psychology, 66 (2) (2019), pp. 131-142, [10.1037/cou0000333](#)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Cella et al., 2013](#) S. Cella, M. Iannaccone, P. Cotrufo

Influence of gender role orientation (masculinity versus femininity) on body satisfaction and eating attitudes in homosexuals, heterosexuals and transsexuals

Eating and Weight Disorders: EWD, 18 (2) (2013), pp. 115-124, [10.1007/s40519-013-0017-z](#)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Diemer et al., 2015](#) E.W. Diemer, J.D. Grant, M.A. Munn-Chernoff, D.A. Patterson, A.E. Duncan

Gender identity, sexual orientation, and eating-related pathology in a national sample of college students

The Journal of Adolescent Health: Official Publication of the Society for Adolescent Medicine, 57 (2) (2015), pp. 144-149, [10.1016/j.jadohealth.2015.03.003](#)

[View Record in Scopus](#) [Google Scholar](#)

[Fairburn and Beglin, 2008](#) C.G. Fairburn, S. Beglin

Eating disorder examination questionnaire

C.G. Fairburn (Ed.), Cognitive behavior therapy and eating disorders, Guilford Press, New York (2008), pp. 309-313

[View Record in Scopus](#) [Google Scholar](#)

[Farber, 2017](#) R. Farber

'Transing' fitness and remapping transgender male masculinity in online message boards

Journal of Gender Studies, 26 (3) (2017), pp. 254-268,
[10.1080/09589236.2016.1250618](https://doi.org/10.1080/09589236.2016.1250618)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Fitzsimmons-Craft, 2011](#) E.E. Fitzsimmons-Craft

Social psychological theories of disordered eating in college women: Review and integration

Clinical Psychology Review, 31 (7) (2011), pp. 1224-1237, [10.1016/j.cpr.2011.07.011](https://doi.org/10.1016/j.cpr.2011.07.011)

[View Record in Scopus](#) [Google Scholar](#)

[Fredrickson and Roberts, 1997](#) B.L. Fredrickson, T. Roberts

Objectification theory

Psychology of Women Quarterly, 21 (2) (1997), pp. 173-206, [10.1111/j.1471-6402.1997.tb00108.x](https://doi.org/10.1111/j.1471-6402.1997.tb00108.x)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Gordon et al., 2016](#) A.R. Gordon, S.B. Austin, N. Krieger, J.M. White Hughto, S.L. Reisner

"I have to constantly prove to myself, to people, that I fit the bill": Perspectives on weight and shape control behaviors among low-income, ethnically diverse young transgender women

Social Science & Medicine, 165 (1982) (2016), pp. 141-149,
[10.1016/j.socscimed.2016.07.038](https://doi.org/10.1016/j.socscimed.2016.07.038)

[View Record in Scopus](#) [Google Scholar](#)

[Hepp and Milos, 2002](#) U. Hepp, G. Milos

Gender identity disorder and eating disorders

The International Journal of Eating Disorders, 32 (4) (2002), pp. 473-478,
[10.1002/eat.10090](https://doi.org/10.1002/eat.10090)

[View Record in Scopus](#) [Google Scholar](#)

[Hilbert et al., 2012](#) A. Hilbert, M. de Zwaan, E. Braehler

How frequent are eating disturbances in the population? norms of the eating disorder examination-questionnaire

PloS One, 7 (1) (2012), Article e29125, [10.1371/journal.pone.0029125](https://doi.org/10.1371/journal.pone.0029125)

[James et al., 2016](#) S.E. James, J.L. Herman, S. Rankin, M. Keisling, L. Mottet, M. Anafi
The report of the 2015 U.S. transgender survey
National Center for Transgender Equality, Washington, D.C. (2016)
Retrieved from
<https://transequality.org/sites/default/files/docs/usts/USTS-Full-Report-Dec17.pdf>
[Google Scholar](#)

[Jones et al., 2016](#) B.A. Jones, E. Haycraft, S. Murjan, J. Arcelus
Body dissatisfaction and disordered eating in trans people: A systematic review of the literature
International Review of Psychiatry (Abingdon, England), 28 (1) (2016), pp. 81-94,
[10.3109/09540261.2015.1089217](https://doi.org/10.3109/09540261.2015.1089217)
[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Kozee et al., 2012](#) H.B. Kozee, T.L. Tylka, L.A. Bauerband
Measuring transgender individuals' comfort with gender identity and appearance: Development and validation of the transgender congruence scale
Psychology of Women Quarterly, 36 (2) (2012), pp. 179-196,
[10.1177/0361684312442161](https://doi.org/10.1177/0361684312442161)
[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Kyriazos and Stalikas, 2018](#) T.A. Kyriazos, A. Stalikas
Applied psychometrics: The steps of scale development and standardization process
Psychology, 9 (11) (2018), pp. 720-726, [10.4236/psych.2018.911145](https://doi.org/10.4236/psych.2018.911145)
[Google Scholar](#)

[Lavender et al., 2010](#) J.M. Lavender, K.P. De Young, D.A. Anderson
Eating disorder examination questionnaire (EDE-Q): Norms for undergraduate men
Eating Behaviors, 11 (2) (2010), pp. 119-121
doi
<https://doi.org/10.1016/j.eatbeh.2009.09.005>
[View Record in Scopus](#) [Google Scholar](#)

[Luce et al., 2008](#) K.H. Luce, J.H. Crowther, M. Pole

Eating disorder examination questionnaire (EDE-Q): Norms for undergraduate women

The International Journal of Eating Disorders, 41 (3) (2008), pp. 273-276,
[10.1002/eat.20504](https://doi.org/10.1002/eat.20504)

[doi]

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Lunn et al., 2019](#) M.R. Lunn, M.R. Capriotti, A. Flentje, K. Bibbins-Domingo, M.J. Pletcher, A.J. Triano, ..., J. Obedin-Maliver

Using mobile technology to engage sexual and gender minorities in clinical research

PloS One, 14 (5) (2019), Article e0216282, [10.1371/journal.pone.0216282](https://doi.org/10.1371/journal.pone.0216282)

[CrossRef](#) [Google Scholar](#)

[Lunn et al., 2019](#) M.R. Lunn, M. Lubensky, C. Hunt, A. Flentje, M.R. Capriotti, C. Sooksaman, ..., J. Obedin-Maliver

A digital health research platform for community engagement, recruitment, and retention of sexual and gender minority adults in a national longitudinal cohort study—The PRIDE study

Journal of the American Medical Informatics Association: JAMIA (2019),
[10.1093/jamia/ocz082](https://doi.org/10.1093/jamia/ocz082)

[Google Scholar](#)

[McClain and Peebles, 2016](#) Z. McClain, R. Peebles

Body image and eating disorders among lesbian, gay, bisexual, and transgender youth

Pediatric Clinics of North America, 63 (6) (2016), pp. 1079-1090

doi:S0031-3955(16)41060-6 [pii]

[View Record in Scopus](#) [Google Scholar](#)

[Menzel et al., 2010](#) J.E. Menzel, L.M. Schaefer, N.L. Burke, L.L. Mayhew, M.T. Brannick, J.K. Thompson

Appearance-related teasing, body dissatisfaction, and disordered eating: A meta-analysis

Body Image, 7 (4) (2010), pp. 261-270, [10.1016/j.bodyim.2010.05.004](https://doi.org/10.1016/j.bodyim.2010.05.004)

[View Record in Scopus](#) [Google Scholar](#)

[Mond et al., 2006](#) J.M. Mond, P.J. Hay, B. Rodgers, C. Owen

Eating disorder examination questionnaire (EDE-Q): Norms for young adult women

Behaviour Research and Therapy, 44 (1) (2006), pp. 53-62,
[10.1016/j.brat.2004.12.003](https://doi.org/10.1016/j.brat.2004.12.003)

[View Record in Scopus](#) [Google Scholar](#)

[Murray, 2017](#) S.B. Murray

Gender identity and eating disorders: The need to delineate novel pathways for eating disorder symptomatology

The Journal of Adolescent Health : Official Publication of the Society for Adolescent Medicine, 60 (1) (2017), pp. 1-2

doi:S1054-139X(16)30400-1 [pii]

[View Record in Scopus](#) [Google Scholar](#)

[Murray et al., 2017](#) S.B. Murray, J.M. Nagata, S. Griffiths, J.P. Calzo, T.A. Brown, D. Mitchison, ..., J.M. Mond

The enigma of male eating disorders: A critical review and synthesis

Clinical Psychology Review, 57 (2017), pp. 1-11

doi:S0272-7358(17)30137-X [pii]

[View Record in Scopus](#) [Google Scholar](#)

[Nagata et al., 2020](#) J.M. Nagata, M.R. Capriotti, S.B. Murray, E.J. Compte, S. Griffiths, K. Bibbins-Domingo, ..., M.R. Lunn

Community norms for the eating disorder examination questionnaire among cisgender gay men

European Eating Disorders Review: The Journal of the Eating Disorders Association, 28 (1) (2020), pp. 92-101, [10.1002/erv.2708](https://doi.org/10.1002/erv.2708)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Nagata et al., 2020](#) J.M. Nagata, B.W. Domingue, G.L. Darmstadt, A.M. Weber, V. Meausoone, B. Cislighi, H.B. Shakya

Gender norms and weight control behaviors in U.S. adolescents: A prospective cohort study (1994–2002)

The Journal of Adolescent Health: Official Publication of the Society for Adolescent Medicine, 66 (1S) (2020), pp. S34-S41, [10.1016/j.jadohealth.2019.08.020](https://doi.org/10.1016/j.jadohealth.2019.08.020)

[View Record in Scopus](#) [Google Scholar](#)

[Nunnally, 1978](#) J. Nunnally

Psychometric theory

(2nd ed.), McGraw-Hill, New York, NY (1978)

[Google Scholar](#)

[Penelo et al., 2012](#) E. Penelo, A.M. Villarroel, M. Portell, R.M. Raich

Eating disorder examination questionnaire (EDE-Q): An initial trial in spanish male undergraduates

European Journal of Psychological Assessment, 28 (1) (2012), pp. 76-83,

[10.1027/1015-5759/a000093](#)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Testa et al., 2017](#) R.J. Testa, G.N. Rider, N.A. Haug, K.F. Balsam

Gender confirming medical interventions and eating disorder symptoms among transgender individuals

Health Psychology: Official Journal of the Division of Health Psychology,

American Psychological Association, 36 (10) (2017), pp. 927-936,

[10.1037/hea0000497](#)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Ullemar et al., 2015](#) V. Ullemar, C. Lundholm, A.K. Örtqvist, C.H. Gumpert, H.

Anckarsäter, S. Lundström, C. Almqvist

Predictors of adolescents' consent to use health records for research and results from data collection in a Swedish twin cohort

Twin Research and Human Genetics: The Official Journal of the International

Society for Twin Studies, 18 (3) (2015), pp. 256-265, [10.1017/thg.2015.21](#)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Vocks et al., 2009](#) S. Vocks, C. Stahn, K. Loenser, T. Legenbauer

Eating and body image disturbances in male-to-female and female-to-male transsexuals

Archives of Sexual Behavior, 38 (3) (2009), pp. 364-377, [10.1007/s10508-008-9424-z](#)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[Watson et al., 2017](#) R.J. Watson, J.F. Veale, E.M. Saewyc

Disordered eating behaviors among transgender youth: Probability profiles from risk and protective factors

The International Journal of Eating Disorders, 50 (5) (2017), pp. 515-522,

[10.1002/eat.22627](#)

[Witcomb et al., 2015](#) G.L. Witcomb, W.P. Bouman, N. Brewin, C. Richards, F. Fernandez-Aranda, J. Arcelus

Body image dissatisfaction and eating-related psychopathology in trans individuals: A matched control study

European Eating Disorders Review: The Journal of the Eating Disorders Association, 23 (4) (2015), pp. 287-293, [10.1002/erv.2362](#)

[CrossRef](#) [View Record in Scopus](#) [Google Scholar](#)

[View Abstract](#)

Published by Elsevier Ltd.



ELSEVIER

[About ScienceDirect](#)

[Remote access](#)

[Shopping cart](#)

[Advertise](#)

[Contact and support](#)

[Terms and conditions](#)

[Privacy policy](#)

We use cookies to help provide and enhance our service and tailor content and ads. By continuing you agree to the **use of cookies**.

Copyright © 2020 Elsevier B.V. or its licensors or contributors. ScienceDirect® is a registered trademark of Elsevier B.V.

ScienceDirect® is a registered trademark of Elsevier B.V.

