

Patient Name: _____

Today's date: _____

Patient DOB: _____

Children's Eating Attitude Test (ChEAT)

	Always	Very Often	Often	Sometimes	Rarely	Never
1. I am scared about being overweight	(3)	(2)	(1)	(0)	(0)	(0)
2. I stay away from eating when I am hungry	(3)	(2)	(1)	(0)	(0)	(0)
3. I think about food a lot of the time	(3)	(2)	(1)	(0)	(0)	(0)
4. I have gone on eating binges where I feel that I might not be able to stop	(3)	(2)	(1)	(0)	(0)	(0)
5. I cut my food into small pieces	(3)	(2)	(1)	(0)	(0)	(0)
6. I am aware of the energy (calorie) content in foods that I eat	(3)	(2)	(1)	(0)	(0)	(0)
7. I try to stay away from foods such as breads, potatoes, and rice	(3)	(2)	(1)	(0)	(0)	(0)
8. I feel like others would like me to eat more	(3)	(2)	(1)	(0)	(0)	(0)
9. I vomit after I have eaten	(3)	(2)	(1)	(0)	(0)	(0)
10. I feel very guilty after eating	(3)	(2)	(1)	(0)	(0)	(0)
11. I think a lot about wanting to be thinner	(3)	(2)	(1)	(0)	(0)	(0)
12. I think about burning up energy (calories) when I exercise	(3)	(2)	(1)	(0)	(0)	(0)
13. Other people think I am too thin	(3)	(2)	(1)	(0)	(0)	(0)
14. I think a lot about having fat on my body	(3)	(2)	(1)	(0)	(0)	(0)
15. I take longer than others to eat my meals	(3)	(2)	(1)	(0)	(0)	(0)
16. I stay away from foods with sugar in them	(3)	(2)	(1)	(0)	(0)	(0)
17. I eat diet foods	(3)	(2)	(1)	(0)	(0)	(0)
18. I think that food controls my life	(3)	(2)	(1)	(0)	(0)	(0)
19. I can show self-control around food	(3)	(2)	(1)	(0)	(0)	(0)
20. I feel that others pressure me to eat	(3)	(2)	(1)	(0)	(0)	(0)
21. I give too much time and thought to food	(3)	(2)	(1)	(0)	(0)	(0)
22. I feel uncomfortable after eating sweets	(3)	(2)	(1)	(0)	(0)	(0)
23. I have been dieting	(3)	(2)	(1)	(0)	(0)	(0)
24. I like my stomach to be empty	(3)	(2)	(1)	(0)	(0)	(0)
25. I enjoy trying new rich foods	(3)	(2)	(1)	(0)	(0)	(0)
26. I have the urge to vomit after eating	(3)	(2)	(1)	(0)	(0)	(0)