



## Children's Eating Attitudes Test (ChEAT)

### Instructions:

Please pick the word that best applies to the statement below

		Never	Rarely	Sometimes	Often	Very Often	Always
1	I am scared about being overweight	0	0	0	1	2	3
2	I stay away from eating when I am hungry	0	0	0	1	2	3
3	I think about food a lot of the time	0	0	0	1	2	3
4	I have gone on eating binges	0	0	0	1	2	3
5	I cut my food into small pieces	0	0	0	1	2	3
6	I am aware of the calorie content in foods	0	0	0	1	2	3
7	I try to stay away from foods such as breads	0	0	0	1	2	3
8	I feel that others would like me to eat more	0	0	0	1	2	3
9	I vomit after I have eaten	0	0	0	1	2	3
10	I feel very guilty after eating	0	0	0	1	2	3
11	I think a lot about wanting to be thinner	0	0	0	1	2	3
12	I think about burning up calories when I exercise	0	0	0	1	2	3
13	Other people think I'm too thin	0	0	0	1	2	3
14	I think a lot about having fat on my body	0	0	0	1	2	3
15	I take longer than others to eat my meals	0	0	0	1	2	3
16	I stay away from foods with sugar in them	0	0	0	1	2	3
17	I eat diet foods	0	0	0	1	2	3



		Never	Rarely	Sometimes	Often	Very Often	Always
18	I think that food controls my life	0	0	0	1	2	3
19	I can show self control around food	0	0	0	1	2	3
20	I feel that others pressure me to eat	0	0	0	1	2	3
21	I give too much time and thought to food	0	0	0	1	2	3
22	I feel uncomfortable after eating sweets	0	0	0	1	2	3
23	I have been dieting	0	0	0	1	2	3
24	I like my stomach to be empty	0	0	0	1	2	3
25	I enjoy trying new, rich foods	3	2	1	0	0	0
26	I have the urge to vomit after eating	0	0	0	1	2	3

**Developer Reference:**

Maloney, M. J., McGUIRE, J. B., & Daniels, S. R. (1988). Reliability testing of a children's version of the Eating Attitude Test. *Journal of the American Academy of Child & Adolescent Psychiatry*, 27(5), 541-543.

Maloney, M. J., McGuire, M., Daniels, S. R., & Specker, B. (1989). Dieting behavior and eating attitudes in children. *Pediatrics*, 84(3), 482-9.

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