

## Worksheet 9.2 Understanding your scores on the EPSI subscales

EPSI subscale	Lower boundary in patients with eating disorders	My score	Above the lower boundary? (Yes or No)
Body dissatisfaction	21		
Binge eating	8		
Cognitive restraint	9		
Purging	5		
Restricting	16		
Excessive exercise	8		
Negative attitudes toward obesity	9		
Muscle building	5		

Note: Clinical ranges are taken from Forbush, K. T., Wildes, J. E. and Hunt, T. K. (2014). Gender norms, psychometric properties, and validity for the Eating Pathology Symptoms Inventory. *International Journal of Eating Disorders*, 47(1), pp. 85–91.