

Worksheet 9.1 Eating Pathology Symptoms Inventory (EPSI)©

Below is a list of experiences and problems that people sometimes have. Read each item to determine how well it describes your recent experiences. Then select the option that best describes **how frequently** each statement applied to you **during the past four weeks, including today**. Use this scale when answering:

0	1	2	3	4
Never	Rarely	Sometimes	Often	Very Often
1.	I did not like how clothes fit the shape of my body			
2.	I tried to exclude “unhealthy” foods from my diet			
3.	I ate when I was not hungry			
4.	People told me that I do not eat very much			
5.	I felt that I needed to exercise nearly every day			
6.	People would be surprised if they knew how little I ate			
7.	I used muscle building supplements			
8.	I pushed myself extremely hard when I exercised			
9.	I snacked throughout the evening without realizing it			
10.	I got full more easily than most people			
11.	I considered taking diuretics to lose weight			

12.	I tried on different outfits, because I did not like how I looked	
13.	I thought laxatives are a good way to lose weight	
14.	I thought that obese people lack self-control	
15.	I thought about taking steroids as a way to get more muscular	
16.	I used diet teas or cleansing teas to lose weight	
17.	I used diet pills	
18.	I did not like how my body looked	
19.	I ate until I was uncomfortably full	
20.	I felt that overweight people are lazy	
21.	I counted the calories of foods I ate	
22.	I planned my days around exercising	
23.	I thought my butt was too big	
24.	I did not like the size of my thighs	
25.	I wished the shape of my body was different	
26.	I was disgusted by the sight of an overweight person wearing tight clothes	
27.	I made myself vomit in order to lose weight	

28.	I did not notice how much I ate until after I had finished eating	
29.	I considered taking a muscle building supplement	
30.	I felt that overweight people are unattractive	
31.	I engaged in strenuous exercise at least five days per week	
32.	I thought my muscles were too small	
33.	I got full after eating what most people would consider a small amount of food	
34.	I was not satisfied with the size of my hips	
35.	I used protein supplements	
36.	People encouraged me to eat more	
37.	If someone offered me food, I felt that I could not resist eating it	
38.	I was disgusted by the sight of obese people	
39.	I stuffed myself with food to the point of feeling sick	
40.	I tried to avoid foods with high calorie content	
41.	I exercised to the point of exhaustion	
42.	I used diuretics in order to lose weight	

43.	I skipped two meals in a row	
44.	I ate as if I was on auto-pilot	
45.	I ate a very large amount of food in a short period of time (e.g., within 2 hours)	

Calculating your scores: Sum the scores for individual items for each scale (see below):

EPSI Scale	Items to sum	My score
Body Dissatisfaction	1, 12, 18, 23, 24, 25, 34	
Binge Eating	3, 9, 19, 28, 37, 39, 44, 45	
Cognitive Restraint	2, 21, 40	
Purging	11, 13, 16, 17, 27, 42	
Restricting	4, 6, 10, 33, 36, 43	
Excessive Exercise	5, 8, 22, 31, 41	
Negative Attitudes toward Obesity	14, 20, 26, 30, 38	
Muscle Building	7, 15, 29, 32, 35	

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