Clinical Measures Toolkit

(http://www.aedweb.org/AM/Template.cfm?Section=Research_Practice_Guidelines&Template=/CM/ContentDisplay.cfm&ContentID=1900#CIT)

Instrument	Type	Summary	Time	Availability
Eating Disorders Examination Questionnaire 6.0, EDE-Q6	*Diagnostic Aide* Self-report questionnaire	Provides data on key behavioral features of ED (i.e., binge-eating, compensatory behaviors) and subscale scores reflecting severity of ED psychopathology	15 mins	Available at no cost on the AED website here
Eating Disorders Attitude Test, EAT-26	*Diagnostic Aide* Self-report questionnaire	Provides cutoff score for clinical threshold of ED	10 mins	Available at no cost at www.psychcentral.com
Body Shape Questionnaire, BSQ	*Body Image* Self-report questionnaire	Designed to assess negative feelings about one's body size and shape.	10 mins	Available at no cost on the AED website here
Appearance Schemas Inventory Revised (ASI-R)	*Body Image* Self-report questionnaire	Evaluates clinically significant symptoms associated with eating disorders (e.g., Drive for Thinness, Social Insecurity, Overcontrol).	15 mins	Available for order (with manual) for $20 at following website: www.body-images.com/assessments/order.html
Eating Disorders Inventory III (EDI-III)	*ED Psychopathology* Self-report questionnaire	Asks questions about behaviors that are related to bulimia, specifically binge-eating, in order to determine the presence and severity of the disease and provide greater description of behaviors.	20 mins	Introductory Kit available for order (with manual) at following website: http://www4.parinc.com/Products/Product.aspx?ProductID=EDI-3
Bulimic Investigatory Test, Edinburgh (BITE)	*ED Psychopathology* Self-report questionnaire	Assesses the presence and intensity of depression over the past two weeks.	10 mins	Available at no cost on the AED website here
Beck Depression Inventory II (BDI-II)	*Comorbid Disorders* Self-report questionnaire	Used to measure and define "state" versus "trait" anxiety, and also to distinguish between anxiety and depression	5 mins	Complete kit available for order at following website: http://www.pearsonassessments.com/HAIWEB/Cultures/en-us/Productdetail.htm?Pid=015-8018-370&Mode=summary
State Trait Anxiety Inventory (STAI)	*Comorbid Disorders* Self-report questionnaire	Used to measure and define "state" versus "trait" anxiety, and also to distinguish between anxiety and depression	10 mins	Starter kit and manual available for order at following website: http://www.mindgarden.com/products/staisad.htm
Dimensional Assessment of Personality Pathology-Basic Questionnaire (DAPP-BQ)	*Personality* Self-report questionnaire	Identifies trait dimensions underlying personality disorders that map onto DSM-IV Axis II disorders	45 mins	Questionnaire available for order at following website. Options for manual or mail in or fax scoring. http://www.sigmaassessmentsystems.com/

Neuroticism Extraversion Openness Five Factor Inventory (NEO-FFI)	*Personality* Self-report questionnaire	Used to understand emotional, interpersonal, experiential, attitudinal, and motivational styles by assessing five major domains of personality.	20 mins	Questionnaire available for order at following website. Options for versions (i.e., men, women) www.sigmaassessmentsystems.com/
SF-36 Health Survey	*General Health* Self-report questionnaire	Used to assess overall health and general well-being	10 mins	Questionnaire available at the following website. Options for versions (i.e., men, women, college age) www.sigmaassessmentsystems.com/
The Quality of Life Enjoyment and Satisfaction Questionnaire Short Form (Q-LES-Q SF)	*General Health* Self-report questionnaire	Designed to examine overall happiness and functioning in various areas. Recommended for those suffering from depression	5 mins	Available at no cost at www.outcometracker.org/library/Q-LES-Q-SF.pdf
Eating Disorders Quality of Life Scale (EDQLS)	*General Health* Self-report questionnaire	Designed to measures the quality of life of adolescents and adults with EDs.	5 mins	Free for publicly funded or non-profit organizations, fee for manual. Registration at: www.edqls.com
Rosenberg's Self Esteem Scale (RSE)	*Misc.* Self-report questionnaire	Brief questionnaire measuring self-esteem	5 mins	Available at no cost at www.selfesteem2go.com and the AED website here
Readiness and Motivation Interview for Eating Disorders (RMI)	*Misc.* Self-report questionnaire	Used to obtain a readiness profile for pts. based on their motivational status for each ED sx.	30-60 mins	Available at no cost through reference article cited or by contacting author on article
Autonomous and Controlled Motivation for Treatment Questionnaire (ACTMQ)	*Misc.* Self-report questionnaire	Measures autonomous and controlled motivation for treatment	5 mins	Available at no cost from david.zuroff@mcgill.ca
Family Environment Scale (FES)	*Family/Systems* Clinician administered interview	Evaluates the social environment of the family unit	15 mins	Interview available for order at the following website: http://www.mindgarden.com