

Binge Eating Scale

Name: _____ Age: _____

Date of completion: _____ Practitioner: _____

Instruction: Below is a set of statements. Please read all the statements in each group and select the one that best describes the way you feel about your eating behavior.

#1

- ☐ a. I don't feel self-conscious about my weight or body size when I am with others.
- ☐ b. I feel concerned about how I look to others, but it normally does not make me feel disappointed with myself.
- ☐ c. I do get self-conscious about my appearance and weight which makes me feel disappointed in myself.
- ☐ d. I feel very self-conscious about my weight and frequently, I feel intense shame and disgust for myself. I try to avoid social contact because of my self-consciousness.

#2

- ☐ a. I don't have any difficulty eating slowly in the proper manner.
- ☐ b. Although I seem to "gobble down" foods, I don't end up feeling studded because of eating too much.
- ☐ c. At times, I tend to eat quickly and then, I feel uncomfortably full afterward.
- ☐ d. I have the habit of bolting down my food, without really chewing it. When this happens I usually feel uncomfortably stuffed because I've eaten too much.

#3

- ☐ a. I feel capable of controlling my eating urges when I want to.
- ☐ b. I feel like I have failed to control my eating more than the average person.
- ☐ c. I feel utterly helpless when it comes to feeling in control of my eating urges.
- ☐ d. Because I feel so helpless about controlling my eating I have become very desperate about trying to get in control.

#4

- ☐ a. I don't have the habit of eating when I'm bored.
- ☐ b. I sometimes eat when I'm bored, but often I'm able to "get busy" and get my mind off food.
 - c. I have a regular habit of eating when I'm bored, but occasionally, I can use some other activity to get my mind off eating.
- ☐ d. I have a strong habit of eating when I'm bored. Nothing seems to help me break the habit.

#5

- ☐ a. I'm usually physically hungry when I eat something.
- ☐ b. Occasionally, I eat something on impulse even though I am not hungry.
 - c. I have the regular habit of eating foods, that I might not enjoy, to satisfy a hungry feeling even though physically, I don't need the food.
 - d. Even though I'm not physically hungry, I get a hungry feeling in my mouth that only seems to be satisfied when I eat food, like a sandwich, that fills my mouth. Sometimes, when I eat the food to satisfy my mouth hunger, I then spit the food out so I won't gain weight.

#6

- ☐ a. I don't feel any guilt or self-hate after I overeat
- ☐ b. After I overeat, occasionally I feel guilt or self-hate.
- ☐ c. Almost all the time I experience strong guilt or self-hate after I overeat.

#7

- ☐ a. I don't lose total control of my eating when dieting even after periods when I overeat.
- ☐ b. Sometimes when I eat a "forbidden food" on a diet, I feel like I "blew it" and eat even more.
 - c. Frequently, I have the habit of saying to myself, "I've blown it now, why not go all the way" when I overeat on a diet. When that happens I eat even more.
 - d. I have a regular habit of starting strict diets for myself, but I break the diets by going on an eating binge. My life seems to be either a "feast" or "famine."

#8

- ☐ a. I rarely eat so much food that I feel uncomfortably stuffed afterward.
- ☐ b. Usually, about once a month, I eat such a quantity of food, that I end up feeling very stuffed.
 - c. I have regular periods during the month when I eat large amounts of food, either at mealtime or at snacks.
 - d. I eat so much food that I regularly feel quite uncomfortable after eating and sometimes a bit nauseous.

#9

- ☐ a. My level of calorie intake does not go up very high or go down very low regularly.
- ☐ b. Sometimes after I overeat, I will try to reduce my caloric intake to almost nothing to compensate for the excess calories I've eaten.
- ☐ c. I have a regular habit of overeating during the night. It seems that my routine is not to be hungry in the morning but overeat in the evening.
- ☐ d. In my adult years, I have had week-long periods where I practically starve myself. This follows periods when I overeat. It seems I live a life of either "feast or famine."

#10

- ☐ a. I usually stop eating when I want to. I know when "enough is enough."
- ☐ b. Every so often, I experience a compulsion to eat which I can't seem to control.
- ☐ c. Frequently, I experience strong urges to eat which I seem unable to control, but at other times I can control my eating urges.
- ☐ d. I feel incapable of controlling my urges to eat. I have a fear of not being able to stop eating voluntarily.

#11

- ☐ a. I don't have any problem stopping eating when I feel full.
- ☐ b. I usually can stop eating when I feel full but occasionally overeat leaving me feeling uncomfortably stuffed.
- ☐ c. I have a problem stopping eating once I start and usually, I feel uncomfortably stuffed after I eat a meal.
- ☐ d. Because I have a problem not being able to stop eating when I want, I sometimes have to induce vomiting to relieve my stuffed feeling.

#12

- a. I seem to eat just as much when I'm with others (family, social gatherings) as when I'm by myself.
- b. Sometimes, when I'm with other people, I don't eat as much as I want to eat because I'm self-conscious about my eating.
- c. Frequently, I eat only a small amount of food when others are present because I'm very embarrassed about my eating.
- d. I feel so ashamed about overeating that I pick times to overeat when I know no one will see me. I feel like a "closet eater."

#13

- ☐ a. I eat three meals a day with only an occasional between-meal snack.
- ☐ b. I eat three meals a day, but I also normally snack between meals.
- ☐ c. When I am snacking heavily, I get in the habit of skipping regular meals.
- ☐ d. There are regular periods when I seem to be continually eating, with no planned meals

#14

- ☐ a. I don't think much about trying to control unwanted eating urges.
- b. At least some of the time, I feel my thoughts are preoccupied with trying to control my eating urges.
- c. I feel that frequently I spend much time thinking about how much I ate or about trying not to eat anymore.
- d. It seems to me that most of my waking hours are preoccupied by thoughts about eating or not eating. I feel like I'm constantly struggling not to eat.

#15

- ☐ a. I don't think about food a great deal.
- ☐ b. I have strong cravings for food but they last only for brief periods.
- ☐ c. I have days when I can't seem to think about anything else but food.
- ☐ d. Most of my days seem to be preoccupied with thoughts about food. I feel like I live to eat.

#16

- a. I usually know whether or not I'm physically hungry. I take the right portion of food to satisfy me
- b. Occasionally, I feel uncertain about knowing whether or not I'm physically hungry. At these times it's hard to know how much food I should take to satisfy me.
- c. Even though I might know how many calories I should eat, I don't have any idea what is a "normal" amount of food for me.

THIS IS NOT A DIAGNOSTIC TOOL.

Scoring and interpretation

The scale is scored by summing the individual weights for the 16 items. High scores indicate more severe binge-eating problems. See below for the scores associated with each statement.

Number	Statement	Score
#1	a	0
	b	0
	c	1
	d	3
#2	a	0
	b	1
	c	2
	d	3
#3	a	0
	b	0
	c	3
	d	3
#4	a	0
	b	0
	c	0
	d	2
#5	a	0
	b	1
	c	2
	d	3
#6	a	0
	b	1
	c	3
#7	a	0
	b	2
	c	3
	d	3

Number	Statement	Score
#8	a	0
	b	1
	c	2
	d	3
#9	a	0
	b	1
	c	2
	d	3
#10	a	0
	b	1
	c	2
	d	3
#11	a	0
	b	1
	c	2
	d	3
#12	a	0
	b	1
	c	2
	d	3
#13	a	0
	b	0
	c	2
	d	3
#14	a	0
	b	1
	c	2
	d	3

Number	Statement	Score
#15	a	0
	b	1
	c	2
	d	3
#16	a	0
	b	1
	c	2
Total score:		
	0-7	Minimal binge eating symptoms
	8-15	Mild binge eating symptoms
	16-23	Moderate binge eating symptoms
	24-31	Severe binge eating symptoms
	32-40	Extreme binge eating symptoms
Additional notes		