

Children's Eating Attitude Test (ChEAT)

Time 5 minutes

Ages Grade 3–8

Time Frame Not specified.

Purpose Assessment of eating behavior.

Commentary

The ChEAT is a modified version of the Eating Attitudes Test (EAT) of Garner and Garfinkle (1979).

Versions

The Children's Eating Attitude Test (ChEAT) is available as a self-report form only.

Properties

Items The ChEAT comprises 26 items that are rated on a 6-point scale with responses: always, very often, often, sometimes, rarely, and never.

Scales The items of the ChEAT are mostly scored on the total score only which is the simple sum of all item ratings. However, factor analysis supported three factors similar to the factors of the original EAT. The subscales derived from these factors are: dieting, restricting and purging, and food preoccupation.

Reliability Test–retest correlation across a 3-week interval was 0.81 for the total score in elementary school children. Cronbach's alphas for the total score were 0.76 in elementary school children and 0.87 in middle school children.

Validity The ChEAT correlated significantly with self-reported weight management behavior and self-reported body dissatisfaction.

Children who had tried to lose weight, felt too fat, and thought that their friends would like them more if they were thinner, had significantly higher total scores on the ChEAT.

Norms The mean total score and its standard deviation for 318 elementary schoolchildren can be found in Maloney et al. (1989). A table with raw scores and converted to percentiles as well as the mean total score and its standard deviation for 308 middle school girls can be found in Smolak and Levine (1994).

Use Copies of the ChEAT can be found in Maloney et al. (1988, 1989).

Key references

Garner DM, Garfinkle PE. The Eating Attitude Test: An index of the symptoms of anorexia nervosa. *Psychol Med* 1979; 9: 273–9.

Maloney MJ, McGuire, J, Daniels, SR. Reliability testing of a children's version of the Eating Attitude Test. *J Am Acad Child Adolesc Psychiatry* 1988; 27: 541–3.

Maloney MJ, McGuire, J, Daniels, SR, Specker B. Dieting behavior and eating attitudes in children. *Pediatrics* 1989; 84: 482–9.

Smolak L, Levine MP. Psychometric properties of the Children's Eating Attitude Test. *Int J Eat Disord* 1994; 16: 275–82.

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	<i>Always</i>	<i>Very often</i>	<i>Often</i>	<i>Sometimes</i>	<i>Rarely</i>	<i>Never</i>
1. I am scared about being overweight	(3)	(2)	(1)	(0)	(0)	(0)
2. I stay away from eating when I am hungry	(3)	(2)	(1)	(0)	(0)	(0)
3. I think about food a lot of the time	(3)	(2)	(1)	(0)	(0)	(0)
4. I have gone on eating binges where I feel that I might not be able to stop	(3)	(2)	(1)	(0)	(0)	(0)
5. I cut my food into small pieces	(3)	(2)	(1)	(0)	(0)	(0)
6. I am aware of the energy (calorie) content in foods that I eat	(3)	(2)	(1)	(0)	(0)	(0)
7. I try to stay away from foods such as breads, potatoes, and rice	(3)	(2)	(1)	(0)	(0)	(0)
8. I feel that others would like me to eat more	(3)	(2)	(1)	(0)	(0)	(0)
9. I vomit after I have eaten	(3)	(2)	(1)	(0)	(0)	(0)
10. I feel very guilty after eating	(3)	(2)	(1)	(0)	(0)	(0)
11. I think a lot about wanting to be thinner	(3)	(2)	(1)	(0)	(0)	(0)
12. I think about burning up energy (calories) when I exercise	(3)	(2)	(1)	(0)	(0)	(0)
13. Other people think I am too thin	(3)	(2)	(1)	(0)	(0)	(0)
14. I think a lot about having fat on my body	(3)	(2)	(1)	(0)	(0)	(0)
15. I take longer than others to eat my meals	(3)	(2)	(1)	(0)	(0)	(0)
16. I stay away from foods with sugar in them	(3)	(2)	(1)	(0)	(0)	(0)
17. I eat diet foods	(3)	(2)	(1)	(0)	(0)	(0)
18. I think that food controls my life	(3)	(2)	(1)	(0)	(0)	(0)
19. I can show self-control around food	(3)	(2)	(1)	(0)	(0)	(0)
20. I feel that others pressure me to eat	(3)	(2)	(1)	(0)	(0)	(0)
21. I give too much time and thought to food	(3)	(2)	(1)	(0)	(0)	(0)
22. I feel uncomfortable after eating sweets	(3)	(2)	(1)	(0)	(0)	(0)
23. I have been dieting	(3)	(2)	(1)	(0)	(0)	(0)
24. I like my stomach to be empty	(3)	(2)	(1)	(0)	(0)	(0)
25. I enjoy trying new rich foods	(3)	(2)	(1)	(0)	(0)	(0)
26. I have the urge to vomit after eating	(3)	(2)	(1)	(0)	(0)	(0)

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