

## Eating Pathology Clinical Outcomes Tracking (EPCOT)



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## EPCOT®

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 week, including today**. Use the following rating scale:

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b><u>Very Often</u></b>

- |   |           |
|---|-----------|
| 1. I ate until I was uncomfortably full                           | 1. _____  |
| 2. I did not like how my body looked                              | 2. _____  |
| 3. I thought laxatives would help me lose weight                  | 3. _____  |
| 4. I used protein supplements                                     | 4. _____  |
| 5. I engaged in strenuous exercise at least five days per week    | 5. _____  |
| 6. I made myself vomit in order to lose weight                    | 6. _____  |
| 7. I ate less than other people                                   | 7. _____  |
| 8. I followed strict rules about what foods I ate                 | 8. _____  |
| 9. I was disgusted by the sight of obese people                   | 9. _____  |
| 10. I used diet pills   | 10. _____ |
| 11. I thought about taking steroids as a way to get more muscular | 11. _____ |
| 12. I stuffed myself with food to the point of feeling sick       | 12. _____ |
| 13. I exercised to the point of exhaustion                        | 13. _____ |
| 14. I tried to avoid foods with high calorie content              | 14. _____ |
| 15. I hid how little I ate  | 15. _____ |

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16. I had the urge to make myself vomit 16. \_\_\_\_\_
17. I wished the shape of my body was different 17. \_\_\_\_\_
18. I felt that overweight people are unattractive 18. \_\_\_\_\_
19. I planned my days around exercising 19. \_\_\_\_\_
20. I considered taking diuretics to lose weight 20. \_\_\_\_\_
21. I limited the types of foods I ate 21. \_\_\_\_\_
22. I ate a very large amount of food in a short period of time  
(e.g., within 2 hours) 22. \_\_\_\_\_
23. People told me that I do not eat very much 23. \_\_\_\_\_
24. I used muscle building supplements 24. \_\_\_\_\_

## EPCOT<sup>®</sup> Scoring

Directions: This page should not be administered to participants/patients. Sum the scores for individual items for each scale (see below).

Body Dissatisfaction

#2, #17

Binge Eating

#1, #12, #22

Cognitive Restraint

#8, #14, #21

Purging

#3, #6, #10, #16, #20

Restricting

#7, #15, #23

Excessive Exercise

#5, #13, #19

Negative Attitudes toward Obesity

#9, #18

Muscle Building

#4, #11, #24