Instructions for the EADES (Eating and Appraisal Due to Emotions and Stress) Questionnaire

The EADES Questionnaire is an instrument that has undergone preliminary validation using exploratory factor analysis in a university population and contains questions that measure the constructs of Emotion and Stress Related Eating, Appraisal of Ability and Resources to Cope, and Appraisal of Outside Influences and Stressors.

The EADES Questionnaire takes approximately 10-15 minutes to complete. Questions are written so that individuals respond in first person and determine their level of agreement with the questions by answering Strongly Disagree to Strongly Agree on a scale of 1-5. Each factor uses its own scoring range.

The EADES constructs derived a factor solution having a total Cronbach \(\alpha\) reliability coefficient of 0.949. The factors loaded onto the concepts of:

- **Factor 1: Emotion and Stress Related Eating** (Cronbach \(\alpha = 0.949\))
- **Factor 2: Appraisal of Ability and Resources to Cope** (Cronbach \(\alpha = 0.869\))
- **Factor 3: Appraisal of Outside Stressors and Influences** (Cronbach \(\alpha = 0.652\)).

**Emotion and Stress Related Eating**
Twenty-four questions measure Emotion and Stress Related Eating which addresses the extent to which individuals use food to cope with emotions and/or stressors and includes questions related to eating behavior along with self-efficacy in regards to eating behavior. The possible cumulative scoring range for this factor is 24-120 with lower scores representing greater Emotion and Stress Related Eating.

Questions: 2, 3, 8, 11, 12, 14, 17, 19, 22, 24, 26, 30, 31, 32, 34, 35, 37, 39, 40, 42, 44, 45, 47, 49

**Appraisal of Ability and Resources to Cope**
Twenty questions measure Appraisal of Ability and Resources to Cope, which is one’s perception, in relation to his personal well-being, of resources, including skills, to cope with stress and emotions. The possible scoring range for this factor is 20-100 with lower scores representing more compromised appraisal skills and resources to cope.

Questions: 1, 4, 5, 6, 7, 9, 15, 16, 18, 20, 21, 23, 25, 28, 29, 33, 36, 41, 46, 48

**Appraisal of Outside Stressors**
Five questions measure Appraisal of Outside Stressors and Influences which is one’s perception, in relation to his personal well-being, of how one copes with external stressors such as other individuals. The possible scoring range for this factor is 5-25 with lower scores representing a more compromised ability of how one perceives stressors. (Please refer to page 625 in the attached article to identify specific questions representing the EADES constructs.)

Questions: 10, 13, 27, 38, 43

**Reverse Scoring**
All factors each have their own cumulative score.

- Strongly Disagree = 1 point
- Disagree = 2 points
- Neutral = 3 points
- Agree = 4 points
- Strongly Agree = 5 points.

However, the following questions are reversed scored.

Questions: 3, 6, 8, 10, 11, 12, 13, 16, 19, 24, 27, 31, 32, 35, 37, 39, 40, 41, 45, 47, 49

(Example: If a person answers with a 5, it is added into the score as a 1).

(Please note that the original EADES questions 1, 9, 17, 19, & 44 did not provide sufficient factor loadings greater than 0.400 on any of the subscales and so have been removed from the EADES).