

Name of Measure: Japanese version of Eating Attitudes Test (EAT-26) (Mukai, Crago, Shisslak, 1994).

Purpose of Measure: To measure eating disturbances among Japanese women.

Reference: Mukai, T., Kambara, A., & Sasaki, Y. (1998). Body dissatisfaction, need for social approval, and eating disturbances among Japanese and American college women, *Sex Roles*, 39, 751-763.

Description measure: Eating Attitudes Test (EAT - 26) is a widely used measure of disordered eating attitudes and behavior. It has three sub-scales: (1) The Dieting sub-scale that assess pathological avoidance of fattening foods and preoccupation with thinness, (2) The Bulimia sub-scale that assesses tendencies to binge and purge, and (3) The Oral Control sub-scale that assess the degree of self-control over eating. For each item, the respondent indicates how often he/she engages in the behavior that is described using a 6-point Likert scale, ranging from "always" to "never". Higher scores indicate maladaptive eating attitudes and behavior.

Language: English and Japanese

Translation comments: Not reported.

Description of Population: A total of 171 Japanese female undergraduate students and 130 European American female undergraduate students participated in the research. The entire sample was approximately 20 years old on average (Japanese women 20.2 years, SD = 1.9; American women 20.3 years, SD=1.6).

Norms:

Means and Standard Deviations for American and Japanese Women on Eating Disturbances

	American Women			Japanese Women		
	alpha	Means	(SD)	alpha	Means	(SD)
EAT	.89	11.6	(11.1)	.84	9.8	(8.2)
Diet	.88	8.1	(7.8)	.81	6.6	(5.8)
Bulimia	.87	1.5	(3.2)	.72	1.2	(2.3)
Oral Control	.68	1.9	(2.1)	.65	2.0	(2.6)

EAT = Eating Attitudes Test; Diet = EAT Dieting subscale; Bulimia = EAT Bulimia subscale; Oral Control = EAT Oral Control subscale.

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Reliability: see table

Validity: Not assessed in current study. Mukai et al., (1994) report that the total EAT-26 score was found to be significantly related to the statements such as "I feel overweight" and "I have dieted to lose weight" at p-levels of .001 and .0001, respectively.

Original Reference: Mukai, T., Crago, M., & Shisslak, C. A. (1994). Eating attitudes and weight preoccupation among female high school students in Japan. *Journal of Child Psychology and Psychiatry*, 35, 677-688.

Other reference: Garner, D. M., Olmsted, M. P., Bohr, Y., & Garfinkel, P. E. (1982). The eating attitudes test: psychometric features and clinical correlates. *Psychological Medicine*, 12, 871-878.

How to obtain copy of instrument: Please contact Takayo Mukai at Department of Educational and Clinical Psychology, Faculty of Education, Fukushima University, 2 Sugumichi, Asakawa, Matsukawa, Fukushima, 960-12, Japan