

## Eating Assessment Tool (EAT-10)

### How to complete this Questionnaire:

<ul style="list-style-type: none"> <li>This questionnaire helps to measure swallowing difficulties.</li> <li>These are statements many people have used to describe difficulty swallowing / eating</li> <li>To what extent do you experience the following problems?</li> <li>Circle the most appropriate response for each statement.</li> </ul>	<p><b>0 - 4 Rating Scale</b></p> <p>0 = No problem                  1 = Mild Problem                  2 = Mild to moderate                  3 = Moderate problem                  4 = Severe problem</p>
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Situation	Severity of Problem
My swallowing problem has caused me to lose weight.	0   1   2   3   4
My swallowing problems interferes with my ability to go out for meals.	0   1   2   3   4
Swallowing liquids takes extra effort	0   1   2   3   4
Swallowing solids takes extra effort.	0   1   2   3   4
Swallowing pills takes extra effort.	0   1   2   3   4
Swallowing is painful	0   1   2   3   4
The pleasure of eating is affected by my swallowing.	0   1   2   3   4
When I swallow food sticks in my throat.	0   1   2   3   4
I cough when I eat.	0   1   2   3   4
Swallowing is stressful	0   1   2   3   4
<b>TOTAL 10 x 4 = 40 max</b>	_____

The validity and reliability of EAT-10 has been determined.

If the EAT-10 score is **3 or higher**, you may have **problems swallowing** efficiently and safely

You may want to arrange a consultation with the MEG team

Belafsky, P. C., et al. (2008). "Validity and reliability of the Eating Assessment Tool (EAT-10)." *Ann Otol Rhinol Laryngol* 117(12): 919-924.