



Speech for Life

Social inclusion Partnership Education Empowerment Connection Honesty

Eating Assessment Tool (EAT-10)

How to complete this Questionnaire:

<ul style="list-style-type: none"> This questionnaire helps to measure swallowing difficulties. These are statements many people have used to describe difficulty swallowing / eating To what extent do you experience the following problems? Circle the most appropriate response for each statement. 	0 - 4 Rating Scale 0 = No problem 1 = Mild Problem 2 = Mild to moderate 3 = Moderate problem 4 = Severe problem
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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
TOTAL 10 x 4 = 40 max	_____

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Ruth Hartman tel: 0424 950 669

Email: Ruth@Speechforlife.com.au

Medicare Provider Number: 2767754J

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.

Belafsky, P. C., et al. (2008). "Validity and reliability of the Eating Assessment Tool (EAT10)." *Ann Otol Rhinol Laryngol* 117(12): 919-924.