The Eating Disorders Examination Questionnaire (EDE-Q; Fairburn & Beglin, 1994) is a widely used measure of key attitudes and eating-disordered behaviour derived from the Eating Disorder Examination interview (EDE; Fairburn & Cooper, 1993). The EDE is considered to be the best available method for the diagnosis and assessment of eating disorders (ED), according to the fourth edition, of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR; American Psychiatric Association; APA, 2000) and has been used by many investigators (Garner, 2002; Wilson, 1993). However, the EDE presents various disadvantages, including the extensive training required for the interviewers and the time needed for its administration (Willfey, Schwartz, Spurrell, & Fairburn, 1997), which makes it, like all clinical interviews, unsuitable for the screening of ED in large community samples (Fairburn & Beglin, 1994). Thus, the EDE has been adapted to the EDE-Q, a relatively brief self-report format (36 items), which is an efficient and cost-effective alternative (Fairburn & Beglin, 1994). The EDE-Q is recommended for identifying probable ED cases (Mond, Hay, Rodgers, & Owen, 2006). Research also shows adequate correlations between the EDE and the EDE-Q in the assessment of restraint, purging, and shape and weight concerns (Fairburn & Beglin, 1994; Mond, Hay, Rodgers, Owen, & Beumont, 2004); acceptable test-retest reliability and internal consistency (Luce & Crowther, 1999), and good criteria and concurrent validity (Mond et al., 2004).

The Spanish version of the EDE-Q (S-EDE-Q) has been used by clinicians for the last decade in Spain (Villarroel, Penelo, Portell, & Raich, 2011) and employed as a screening instrument in the general Spanish-speaking population (Peláez-Fernández, Labrador, & Raich, 2007). The S-EDE-Q has shown satisfactory internal consistency for the four subscales’ scores (Cronbach’s alpha ≥ .81) (Villarroel et al., 2011), acceptable results as regards sensitivity, specificity, and positive and negative predictive values,