



		Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree
19.	It is not important to me that a meal lasts a certain amount of time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	It doesn't really matter where I eat (e.g. in the kitchen, in the living room, in front of the TV)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	I am open to new ways of doing things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22.	I often try new types of food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	If I have to, it's easy for me to change my plans.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	I have no problem with other people preparing or cooking my food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	I find it difficult when something unexpected happens.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26.	I need my meals to be predictable (e.g. <i>when</i> I eat, type of food, food contents etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27.	I find it difficult to consider a situation from several perspectives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28.	If I think about food, body shape and weight, it is almost impossible for me to stop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29.	I get distressed if I gain weight, no matter what I weigh.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30.	I am usually quite flexible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.	When things don't go according to plan, I am able to consider alternative solutions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.	I am a flexible person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.	Even when I have decided to work out, it's easy for me not to do it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.	I prefer eating the same foods as I usually do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.	I get angry or upset when people don't do things my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36.	There are usually a number of different ways of doing things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please check that you have answered all 36 questions. Thank you for filling in the questionnaire!



# The Eating Disorder Flexibility Index (EDFLIX) Questionnaire

## Scoring Instructions

A total score (EDFLIX Total Score) and three subscale scores (EDFLIX-GF, EDFLIX-FoEx and EDFLIX-WeSh) can be calculated using these scoring instructions.

The EDFLIX Total score is calculated by summing scores on all 36 items. The subscale scores are calculated by adding together the item scores on each subscale. **Higher scores indicate higher flexibility.**

A number of items should be *reverse scored* (see below). This should be done *before* calculating total and subscale scores.

Score the items as follows:

Strongly disagree: 1  
Disagree: 2  
Slightly disagree: 3  
Slightly agree: 4  
Agree: 5  
Strongly agree: 6

*Reverse scored* items should be scored as follows:

Strongly disagree: 6  
Disagree: 5  
Slightly disagree: 4  
Slightly agree: 3  
Agree: 2  
Strongly agree: 1

### **EDFLIX Total Score**

Sum scores on item 1-36

*Reverse score* the following items: 02, 05, 06, 07, 08, 09, 10, 12, 13, 14, 17, 18, 25, 26, 27, 28, 29, 34, 35

### **EDFLIX-GF (General Flexibility)**

Sum scores on items (17 items): 04, 05, 06, 11, 13, 14, 16, 17, 21, 23, 25, 27, 30, 31, 32, 35, 36

*Reverse score* the following items: 05, 06, 13, 14, 17, 25, 27, 35

### **EDFLIX-FoEx (Food and Exercise Flexibility)**

Sum scores on items (13 items): 01, 02, 03, 09, 10, 15, 19, 20, 22, 24, 26, 33, 34

*Reverse score* the following items: 02, 09, 10, 26, 34

### **EDFLIX-WeSh (Weight and Shape Flexibility)**

Sum scores on items (6 items): 07, 08, 12, 18, 28, 29

*Reverse score* the following items: 07, 08, 12, 18, 28, 29