

# EAT-10:

## Eating Assessment Tool

For the screening of swallowing disorders

LAST NAME

FIRST NAME

SEX

AGE

DATE

### OBJECTIVE:

EAT-10 helps to measure swallowing difficulties.

It may be important for you to talk with your doctor about treatment options for symptoms.

### A. INSTRUCTIONS:

Answer each question by writing the number of points in the boxes.

To what extent do you experience the following problems?

**1** My swallowing problem has caused me to lose weight.

0 = no problem

1

2

3

4 = severe problem

**6** Swallowing is painful.

0 = no problem

1

2

3

4 = severe problem

**2** My swallowing problem interferes with my ability to go out for meals.

0 = no problem

1

2

3

4 = severe problem

**7** The pleasure of eating is affected by my swallowing.

0 = no problem

1

2

3

4 = severe problem

**3** Swallowing liquids takes extra effort.

0 = no problem

1

2

3

4 = severe problem

**8** When I swallow, food sticks in my throat.

0 = no problem

1

2

3

4 = severe problem

**4** Swallowing solids takes extra effort.

0 = no problem

1

2

3

4 = severe problem

**9** I cough when I eat.

0 = no problem

1

2

3

4 = severe problem

**5** Swallowing pills takes extra effort.

0 = no problem

1

2

3

4 = severe problem

**10** Swallowing is stressful.

0 = no problem

1

2

3

4 = severe problem

### B. SCORING:

Add up the number of points and write your total score in the boxes.

Total Score (max. 40 points)

### C. WHAT TO DO NEXT:

If the EAT-10 score is 3 or higher, you may have problems swallowing efficiently and safely. We recommend discussing the EAT-10 results with a doctor.

Reference: The validity and reliability of EAT-10 has been determined. Belafsky PC, Mouadeb DA, Rees CJ, Pryor JC, Postma GN, Allen J, Leonard RJ. Validity and Reliability of the Eating Assessment Tool (EAT-10). Annals of Otolaryngology & Laryngology 2008;117(12):919-924.

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