



ODES-Y

Instructions: The Ottawa Disordered Eating Screen for Young People asks questions about food, bodies, and eating. Please circle the option that best describes how often this may have happened in the last 4 weeks.

| In the last 4 weeks, how often did you... | | | | | | |
|--|-------|---------------|-------------------------|------------------------|------------------------|-----------------------|
| worry so much about your weight, shape, or muscles that you couldn't get it out of your head? | Never | Rarely | Sometimes | Often | Always | |
| not eat, or eat in a way to change your weight, shape, or muscles? | Never | Once or twice | Once or twice each week | 3 or 4 times each week | 5 or 6 times each week | Daily or almost daily |
| binge on food (eaten what other people would say is an unusually large amount of food such as a whole litre of ice cream, in a few hours?) | Never | Once or twice | Once or twice each week | 3 or 4 times each week | 5 or 6 times each week | Daily or almost daily |
| feel like you couldn't stop eating or couldn't control how much you ate? | Never | Once or twice | Once or twice each week | 3 or 4 times each week | 5 or 6 times each week | Daily or almost daily |



Scoring Instructions for ODES-Y

The ODES-Y scoring system is designed to assess the risk of disordered eating by evaluating two main domains: the **cognitive domain** and the **behavioural domain**.

The cognitive domain is measured by **item 1**, which assesses preoccupation with food, body, shape, weight and/or muscularity.

The behavioural domain is measured by **items 2, 3a and 3b**:

- **Item 2**, which assesses restrictive eating patterns, and
- **Items 3a and 3b combined**, which assess binge-eating behaviours.

Recommendations for use of ODES-Y in healthcare settings (traffic light system):

| In the last 4 weeks, how often did you... | | | | | | |
|--|--------------|----------------------|--------------------------------|-------------------------------|-------------------------------|------------------------------|
| Item 1. worry so much about your weight, shape, or muscles that you couldn't get it out of your head? | (1) Never | (2) Rarely | (3) Sometimes | (4) Often | (5) Always | |
| Item 2. not eat, or eat in a way to change your weight, shape, or muscles? | (1) Never | (2) Once or twice | (3) Once or twice each week | (4) 3 or 4 times each week | (5) 5 or 6 times each week | (6) Daily or almost daily |
| Item 3a. binge on food (eaten what other people would say is an unusually large amount of food such as a whole litre of ice cream, in a few hours?) | (1) Never | (2) Once or twice | (3) Once or twice each week | (4) 3 or 4 times each week | (5) 5 or 6 times each week | (6) Daily or almost daily |
| Item 3b. feel like you couldn't stop eating or couldn't control how much you ate? | (1) Never | (2) Once or twice | (3) Once or twice each week | (4) 3 or 4 times each week | (5) 5 or 6 times each week | (6) Daily or almost daily |

Using the traffic light system, a **positive screen** occurs when a person scores in the **orange or red zones** on the cognitive domain (item 1) **OR** behavioural domain (item 2 **and/or** items 3a and 3b combined).

| | | |
|-----------------------------|--|---|
| High Risk/Red | Has red scores on BOTH cognitive and behavioural domains | Recommend further screening/assessment, including medical assessment. |
| Moderate Risk/Orange | Has orange scores on BOTH cognitive and behavioural domains OR If scores are in the red or orange zone for EITHER cognitive or behavioural domains | Recommend further screening/assessment. |
| Low Risk/Green | Has green scores on BOTH cognitive and behavioural domains | Recommend no further screening/assessment. |

*Note: this scoring guide does not replace clinical judgement

Recommendations for use of ODES-Y in surveillance:

A **total score of 7 or higher when summing the 4 items** indicates the individual is “at risk” for disordered eating.