

# EAT-10: A Swallowing Screening Tool

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 physician 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 physician.

**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.