

BASE-10 CUTOFFS

GENERAL CUTOFF
Without gender differentiation

Scores ≥ 10
out of 40

WOMEN

Scores ≥ 12 out
of 40

MEN

Scores ≥ 8 out
of 40

These individuals may warrant further clinical evaluation. We suggest using the EPSI (self-report) and/or EPSI-CRV (interview) or another validated measure to further evaluate for presence of a possible eating disorder.

Articles that have validated these cut-points

Forbush, K. T., Richson, B. N., Swanson, T. J., Thomeczek, M. L., Negi, S., Johnson, S. N., ... & Chen, Y. (2022). Screening for eating disorders across genders in college students: Initial validation of the brief assessment of stress and eating. *International Journal of Eating Disorders*, 55(11), 1553-1564.

Nagata, J. M., Otmar, C. D., Murakami, K., Potes, C., Lavender, J. M., Compte, E. J., ... & Lunn, M. R. (2026). Validation of the Brief Assessment of Stress and Eating (BASE) in cisgender gay men and lesbian women. *Journal of Eating Disorders*, 14(1), 28.