

Coeliac Dietary Adherence Test (CDAT)

<u>Question</u>	<u>Score</u>				
	1	2	3	4	5
<i>Have you been bothered by low energy level during the past 4 weeks?</i>	None of the time	A little of the time	Some of the time	Most of the time	All of the time
<i>Have you been bothered by headaches during the past 4 weeks?</i>	None of the time	A little of the time	Some of the time	Most of the time	All of the time
<i>I am able to follow a GFD when dining outside my home</i>	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
<i>Before I do something I carefully consider the consequences</i>	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
<i>I do not consider myself a failure</i>	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
<i>How important to your health are accidental gluten exposures?</i>	Very important	Somewhat important	Neutral/ unsure	A little important	Not at all important
<i>Over the past 4 weeks, how many times have you eaten foods containing gluten on purpose?</i>	0 (never)	1-2	3-5	6-10	> 10

Score between 7 and 12 – This suggests your gluten free diet is likely being well managed.

Score between 13 and 17 – This suggests you could benefit from some extra support on following a gluten free diet

Score 18 and 35 – This suggests further support to help manage a gluten free diet is likely beneficial