

Extreme Demand Avoidance 8-item measure (EDA-8)

A brief caregiver-report measure of EDA traits for caregivers of children aged 5 – 17 years.

Please answer the questions thinking about your child's behaviour during the last six months. Please read each item carefully and fill in the answer that best applies.

Please tick one option per question only:

		Not true	Somewhat true	Mostly true	Very true
1	Obsessively resists and avoids ordinary demands and requests.				
2	Is driven by the need to be in charge.				
3	Tells other children how they should behave, but does not feel these rules apply to him/herself.				
4	Has difficulty complying with demands unless they are carefully presented.				
5	Seems unaware of the differences between him/herself and authority figures (e.g. parents, teachers, police).				
6	Mood changes very rapidly (e.g. switches from affectionate to angry in an instant).				
7	Uses outrageous or shocking behaviour to get out of doing something.				
8	Has bouts of extreme emotional responses to small events (e.g. crying/giggling, becoming furious).				

Scoring:

- Please note that the EDA-8 was designed to measure EDA traits for research purposes, and is not a diagnostic instrument.
- All items are scored as follows: **Not true = 0; Somewhat true = 1, Mostly true = 2, Very true = 3.**
- Our research shows that the EDA-8 scale can measure the severity of EDA characteristics well at modest levels, but at high levels, more in-depth measurement is needed.
- Scores over 19 could indicate the need for more in-depth measurement of EDA, but do not necessarily suggest a PDA-profile.
- This questionnaire asks about a person's presentation not the causation of this presentation. There are a range of reasons for why a person may present with extreme demand avoidance besides PDA. More in-depth assessment is needed to establish whether a PDA profile underpins demand avoidance behaviours. This would consider early development and any situational factors affecting current behaviour. More information about identifying and assessing for a PDA profile can be found at <https://www.pdasociety.org.uk/what-is-pda-menu/identifying-assessing-pda/>.

Key reference:

O'Nions, Happé, Viding & Noens (2021) Extreme Demand Avoidance in Children with Autism Spectrum Disorder: Refinement of a Caregiver-Report Measure. *Advances in Neurodevelopmental Disorders*, 5, 269–281 <https://link.springer.com/article/10.1007/s41252-021-00203-z>