

Self-assessment Test - Coeliac Dietary Adherence Test (CDAT)

Step 1: Please complete your name, Hospital Number (found on the letter sent along with this form) and date of birth details above so we can identify you if you return this form to us.

Step 2: Please complete the CDAT form below. Put an X by your answer for each question.

Name:

Hospital Number:

Date of Birth:

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

Step 3: Add up your score which should be between 7 and 35.

Step 4: Based on your score, follow the actions below.

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

We still advise however that you watch the mini coeliac [annual review videos](#) to update your knowledge

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

Please watch the mini coeliac [annual review videos](#) to update your knowledge

If you feel you would benefit from further dietetic input please return your CDAT form to:

- Email: dietetic.secretary@dchft.nhs.uk along with consent form below
- Post: Dietetics Department, Damers House, Dorset County Hospital, Damers Road, Dorchester, Dorset, DT1 2JY

A telephone appointment will be arranged.

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

Please watch the mini coeliac [annual review videos](#) to update your knowledge.

We recommend that you please do return your CDAT form to:

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A telephone appointment will be arranged. If you would like to discuss any queries and concerns you have regarding coeliac disease in the meantime, please contact the Dietetics Department on 01305 254415.