

Food Choice Questionnaire (Stephoe et al., 1995)

*Revised to include only some dimensions. Missing: convenience, price, ethical concern

It is important to me that the food I eat on a typical day...

[Health]

Contains a lot of vitamins and minerals

Keeps me healthy

Is nutritious

Is high in protein

Is good for my skin/teeth/hair/nails etc

Is high in fibre

[Mood]

Helps me cope with stress

Helps me cope with life

Helps me relax

Keeps me awake/alert

Cheers me up

Makes me feel good

[Sensory Appeal]

Smells nice

Looks nice

Has a pleasant texture

Tastes good

[Natural Content]

Contains no additives

Contains natural ingredients

Contains no artificial ingredients

[Weight Control]

Is low in calories

Helps me control my weight

Is low in fat

[Familiarity]

Is what I usually eat

Is familiar

Is like the food I ate when I was a child

(1) Not at all important (2) A little important (3) Moderately important (4) Very important (

The Eating Motivation Survey – Brief (Renner et al., 2012)

*Revised to include only some dimensions. Missing: convenience, traditional eating, sociability, price, visual appeal, social norms, social image

I eat what I eat...

[Liking]

Because I have an appetite for it

Because it tastes good

Because I like it

[Habits]

Because I am accustomed to eating it

Because I usually eat it

Because I am familiar with it

[Need & Hunger]

Because I need energy

Because it is filling

Because I'm hungry

[Health]

To maintain a balanced diet

Because it is healthy

Because it keeps me in shape

[Pleasure]

Because I enjoy it

In order to indulge myself

In order to reward myself

[Natural Concerns]

Because it is natural

Because it contains no harmful substances

Because it is organic

[Weight Control]

Because it is low in calories

Because I watch my weight

Because it is low in fat

[Affect Regulation]

Because I am sad

Because I am frustrated

Because I feel lonely

(1) Never (2) (3) (4) (5) (6) (7) Always

The Three-Factor Eating Questionnaire Revised 21-Item (TFEQ-R21) (Stunkard & Messick, 1985)

1. I deliberately take small helpings to control my weight.
2. I start to eat when I feel anxious.
3. Sometimes when I start eating, I just can't seem to stop.
4. When I feel sad, I often eat too much.
5. I don't eat some foods because they make me fat.
6. Being with someone who is eating, often makes me want to also eat.
7. When I feel tense or "wound up", I often feel I need to eat.
8. I often get so hungry that my stomach feels like a bottomless pit
9. I'm always so hungry that it's hard for me to stop eating before finishing all of the food on my plate.
10. When I feel lonely, I console myself by eating.
11. I consciously hold back on how much I eat at meals to keep from gaining weight.
12. When I smell a sizzling steak or see a juicy piece of meat, I find it very difficult to keep from eating even if I've just finished a meal.
13. I'm always hungry enough to eat at any time.
14. If I feel nervous, I try to calm down by eating.
15. When I see something that looks very delicious, I often get so hungry that I have to eat right away.
16. When I feel depressed, I want to eat.

Q1-16: (1) Definitely true, (2) Mostly true, (3) Mostly false, (4) Definitely false

17. How often do you avoid "stocking up" on tempting foods?
(1) Almost never, (2) Seldom, (3) Usually, (4) Almost always
18. How likely are you to make an effort to eat less than you want?
(1) Unlikely, (2) A little likely, (3) Somewhat likely, (4) Very likely.
19. Do you go on eating binges even though you're not hungry?
(1) Never, (2) Rarely, (3) Sometimes, (4) At least once a week
20. How often do you feel hungry?
(1) Only at mealtimes, (2) Sometimes between meals (3) Often between meals (4) Almost always
21. On a scale from 1 to 8, where 1 means no restraint in eating and 8 means total restraint, what number would you give yourself?
Mark the number that best applies to you: 1 2 3 4 5 6 7 8.

The **uncontrolled eating domain** was composed of items 3, 6, 8, 9, 12, 13, 15, 19, 20. The **cognitive restraint domain** was composed of items 1, 5, 11, 17, 18, 21. The **emotional eating domain** was composed of items 2, 4, 7, 10, 14, 16. Before calculating the domain scores, items 1–16 should be reverse coded and item 21 should be recoded as follows: 1–2 scores as 1; 3–4 as 2; 5–6 as 3; 7–8 as 4. Note: Items 17, 18 and 21 are not part of the Three-Factor Eating Questionnaire revised 18-item, version 2 (TFEQR18V2).

Dutch Eating Behaviour Questionnaire (van Strien et al., 1986)

Restrained

1. If you have put on weight, do you eat less than you usually do?*
2. Do you try to eat less at mealtimes than you would like to eat?
3. How often do you refuse food or drink offered because you are concerned about your weight?
4. Do you watch exactly what you eat?
5. Do you deliberately eat foods that are slimming?
6. When you have eaten too much, do you eat less than usual the following days?*
7. Do you deliberately eat less in order not to become heavier?
8. How often do you try not to eat between meals because you are watching your weight?
9. How often in the evening do you try not to eat because you are watching your weight?
10. Do you take into account your weight with what you eat?

Emotional

11. Do you have a desire to eat when you are irritated?*
12. Do you have a desire to eat when you have nothing to do?*
13. Do you have a desire to eat when you are depressed or discouraged?*
14. Do you have a desire to eat when you are feeling lonely?*
15. Do you have a desire to eat when somebody lets you down?*
16. Do you have a desire to eat when you are cross?*
17. Do you have a desire to eat when you are approaching something unpleasant to happen?
18. Do you get the desire to eat when you are anxious, worried or tense?
19. Do you have a desire to eat when things are going against you or when things are going wrong?
20. Do you have a desire to eat when you are frightened?*
21. Do you have a desire to eat when you are disappointed?*
22. Do you have a desire to eat when you are emotionally upset?*
23. Do you have a desire to eat when you are bored or restless?*

External

24. If food tastes good to you, do you eat more than usual?
25. If food smells and looks good, do you eat more than usual?
26. If you see or smell something delicious, do you have a desire to eat it?
27. If you have something delicious to eat, do you eat it straight away?
28. If you walk past the baker, do you have the desire to buy something delicious?
29. If you walk past a snackbar or a café, do you have the desire to buy something delicious?
30. If you see others eating, do you also have the desire to eat?
31. Can you resist eating delicious foods? [R]
32. Do you eat more than usual, when you see others eating?
33. When preparing a meal, are you inclined to eat something?

(1) Never (2) Seldom (3) Sometimes (4) Often (5) Very often (6) Does not apply to me*

Behavioural Approach System/Behavioural Inhibition System Scales (Carver & White, 1994)

1. Even if something bad is about to happen to me, I rarely experience fear or nervousness.*
2. I go out of my way to get things I want.
3. When I'm doing well at something I love to keep at it.
4. I'm always willing to try something new if I think it will be fun.
5. When I get something I want, I feel excited and energized.
6. Criticism or scolding hurts me quite a bit.
7. When I want something I usually go all-out to get it.
8. I will often do things for no other reason than that they might be fun.
9. If I see a chance to get something I want I move on it right away.
10. I feel pretty worried or upset when I think or know somebody is angry at me.
11. When I see an opportunity for something I like I get excited right away.
12. I often act on the spur of the moment.
13. If I think something unpleasant is going to happen I usually get pretty "worked up."
14. When good things happen to me, it affects me strongly.
15. I feel worried when I think I have done poorly at something important.
16. I crave excitement and new sensations.
17. When I go after something I use a "no holds barred" approach.
18. I have very few fears compared to my friends.*
19. It would excite me to win a contest.
20. I worry about making mistakes.

(1) Very true for me (2) Somewhat true for me (3) Somewhat false for me (4) Very false for me
 *reverse coded

Hedonism Scale (Sobol-Kwapinska, 2009)

1. I think about what will happen tomorrow but I am not interested in the very distant future.
2. The only thing that pleases me is what is now.
3. Only good fun counts.
4. I try to live as good a life as I can now.
5. I like having fun "till the crack of dawn".
6. I do not make a lot of plans, I live from hand to mouth.
7. What I am doing at the moment does not have a significant influence on my future.
8. I do everything to enjoy every moment of life and I often do not think about the consequences of my behaviour.
9. The present counts, the past is not very crucial to me.

(1) Very uncharacteristic (2) (3) (4) (5) Very characteristic

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