

### Three Factor Eating Questionnaire

Subject ID: \_\_\_\_\_ Date: \_\_\_\_\_ Study week: \_\_\_\_\_

1. **When I smell a sizzling steak or juicy piece of meat, I find it very difficult to keep from eating, even if I have just finished a meal.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

2. **I deliberately take small helpings as a means of controlling my weight.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

3. **When I feel anxious, I find myself eating.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

4. **Sometimes when I start eating, I just can't seem to stop.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

5. **Being with someone who is eating often makes me hungry enough to eat also.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

6. **When I feel blue, I often overeat.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

7. **When I see a real delicacy, I often get so hungry that I have to eat right away.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

8. **I get so hungry that my stomach often seems like a bottomless pit.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

9. **I am always hungry so it is hard for me to stop eating before I finish the food on my plate.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

**10. When I feel lonely, I console myself by eating.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

**11. I consciously hold back at meals in order not to gain weight.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

**12. I do not eat some foods because they make me fat.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

**13. I am always hungry enough to eat at any time.**

Definitely true (4)      Mostly true (3)      Mostly false (2)      Definitely false (1)

**14. How often do you feel hungry?**

Only at meal times (1)    Sometimes between meals (2)    Often between meals (3)    Almost always (4)

**15. How frequently do you avoid "stocking up" on tempting foods?**

Almost never (1)      Seldom (2)      Usually (3)      Almost always (4)

**16. How likely are you to consciously eat less than you want?**

Unlikely (1)      Slightly likely (2)      Moderately likely (3)      Very likely (4)

**17. Do you go on eating binges though you are not hungry?**

Never (1)      Rarely (2)      Sometimes (3)      At least once a week (4)

**18. On a scale of 1 to 8 where:**

**1 means no restraint in eating (eating whatever you want, whenever you want it)**

**8 means total restraint (constantly limiting food intake and never "giving in")**

**What number would you give yourself?**