**The Mood, Emotions and Appetite List (MEAL)**

Please indicate how much of the time you think the following statements apply to you:

|  | Label | Never / Almost Never | Rarely | Some-times | Often | Always / Almost Always |
| --- | --- | --- | --- | --- | --- | --- |
|  | Response values | 0 | 1 | 2 | 3 | 4 |
| 01 | When I have not eaten in a while other people notice a change in my mood or behaviour |  |  |  |  |  |
| 02 | When I have not eaten in a while I get a headache |  |  |  |  |  |
| 03 | When I have not eaten in a while I lose motivation and interest in things |  |  |  |  |  |
| 04 | When I have not eaten in a while I feel sick or nauseous |  |  |  |  |  |
| 05 | When I have not eaten in a while I feel sad |  |  |  |  |  |
| 06 | When I have not eaten in a while I feel weak or dizzy |  |  |  |  |  |
| 07 | When I have not eaten in a while I feel more irritated or grumpy than others |  |  |  |  |  |
| 08 | When I have not eaten in a while I feel anxious or nervous |  |  |  |  |  |
| 09 | When I have not eaten in a while I become tearful or weepy |  |  |  |  |  |
| 10 | When I have not eaten in a while I argue or snap at people more |  |  |  |  |  |
| 11 | When I have not eaten in a while I feel impatient |  |  |  |  |  |
| 12 | When I have not eaten in a while I experience problems with my: |  |  |  |  |  |
|  | Family |  |  |  |  |  |
|  | School and/or work |  |  |  |  |  |
|  | Friends and/or partner |  |  |  |  |  |
|  | Hobbies and/or interests |  |  |  |  |  |

Scoring instructions

MEAL score: sum the responses to items 1-11.

MEAL-irritability (MEAL-i) score: sum responses to items 1, 7, 10, 11

MEAL-low mood (MEAL-l) score: sum responses to items 3, 5, 8, 9

MEAL-somatic feelings (MEAL-s) score: sum responses to items 2, 4, 6

The impact item is not included in any sum scores, but may indicate impairments related to hunger-related mood dysregulation.