

ID:

## Self-Regulation of Eating Behaviour Questionnaire (SREBQ)

**1. Do you find any of these foods tempting (that is, do you want to eat more of them than you think you should)?**  
(Tick all those that you find tempting)

Chocolate	<input type="checkbox"/>	Fizzy drinks	<input type="checkbox"/>	Pizza	<input type="checkbox"/>
Crisps	<input type="checkbox"/>	Biscuits	<input type="checkbox"/>	Fried foods	<input type="checkbox"/>
Cakes	<input type="checkbox"/>	Sweets	<input type="checkbox"/>	Chips	<input type="checkbox"/>
Ice cream	<input type="checkbox"/>	Popcorn	<input type="checkbox"/>	Other foods	<input type="checkbox"/>
Bread/toast	<input type="checkbox"/>	Pastries	<input type="checkbox"/>	I don't find any food tempting	<input type="checkbox"/>

If you have ticked 'Other foods', please specify:

**2. Do you intend NOT to eat too much of the foods you find tempting in the previous question?**

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

**3. Do you intend to have a healthy diet?**

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

**4. Please read the following statements and tick the boxes most appropriate to you.**

For the next few questions, please, understand that:

- 'Tempting foods' are any food you want to eat more of than you think your should.
- 'Eating intentions' refer to the way you are aiming to eat, for example you may intend to avoid tempting foods or eat healthy foods.

	Never	Rarely	Sometimes	Often	Always
A. I give up too easily on my eating intentions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. I'm good at resisting tempting food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. I easily get distracted from the way I intend to eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D. If I am not eating in the way I intend to, I make changes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E. I find it hard to remember what I have eaten throughout the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>