

The Three-Factor Eating Questionnaire—R18

Volunteer ID

Please tick **one** option only that applies best to you for questions 1 to 17, then answer question 18

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
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

2. I deliberately take small helpings as a means of controlling my weight.
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

3. When I feel anxious, I find myself eating
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

4. Sometimes when I start eating, I just can't seem to stop
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

5. Being with someone who is eating often makes me hungry
enough to eat also.
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

6. When I feel blue, I often overeat
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

7. When I see a real delicacy, I often get so hungry that I have to eat right away.
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

8. I get so hungry that my stomach often seems like a bottomless pit.
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

9. I am always hungry so it is hard for me to stop eating before I finish the food on my plate
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

10. When I feel lonely, I console myself by eating.
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

11. I consciously hold back at meals in order not to weight gain.
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

12. I do not eat some foods because they make me fat
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

13. I am always hungry enough to eat at any time.
(tick only one box)

- Definitely true
- Mostly true
- Mostly false
- Definitely false

14. How often do you feel hungry?
(tick only one box)

- Only at meal times
- Sometimes between meals
- Often between meals
- Almost always

15. How frequently do you avoid "stocking up" on tempting foods?
(tick only one box)

- Almost never
- Seldom
- Usually
- Almost always

16. How likely are you to consciously eat less than you want?
(tick only one box)

- Unlikely
- Slightly likely
- Moderately likely
- Very likely

17. Do you go on eating binges though you are not hungry?
(tick only one box)

- Never
- Rarely
- Sometimes
- At least once a week

18. On a scale of 1 to 8, where 1 means no restraint in eating (eating whatever you want, whenever you want it) and 8 means total restraint (constantly limiting food intake and never "giving in"), what number would you give yourself?

(circle only one number)

1 2 3 4 5 6 7 8