

Eating Behaviour Questionnaire

Are you in control of your eating habits or do food and eating control your life?

Read every question and choose the answer (A to E) that you agree with the most.

A - do not agree at all

B - do not completely agree

C - agree with sometimes, but not always

D - agree with mostly

E - agree with 100%

By choosing A you agree the least with the question and by choosing E, you agree the most. Circle the number under the heading A to E that you choose for every question and add it up at the end to get your total. Have a look at your score and the interpretation thereof at the end of the questionnaire.

Agree with the least... Agree with the most

		A	B	C	D	E
1.	I only eat when I am hungry. Score	5	4	3	2	1
2.	I never eat when I am bored.	5	4	3	2	1
3.	I often eat when I am depressed.	1	2	3	4	5
4.	When I am angry, I have to eat something.	1	2	3	4	5
5.	When I feel lonely, I often eat chocolate.	1	2	3	4	5
6.	When I am tense, I cannot eat at all.	5	4	3	2	1
7.	I only eat to stay alive.	5	4	3	2	1
8.	I find it easy to fast.	5	4	3	2	1
9.	I only eat because I have to.	5	4	3	2	1
10.	I mostly eat when I am frustrated.	1	2	3	4	5
11.	Eating is the nicest thing in life for me to do.	1	2	3	4	5
12.	I wish I could eat as much as I wanted, without gaining weight.	1	2	3	4	5
13.	I eat at night if I cannot sleep.	1	2	3	4	5
14.	I cannot read without having something to eat.	1	2	3	4	5
15.	When watching TV at night, I have to eat.	1	2	3	4	5
16.	It is impossible for me not to eat, when other people around me are eating.	1	2	3	4	5
17.	I always clean my plate.	1	2	3	4	5
18.	I often forget to eat.	5	4	3	2	1
19.	I often buy myself something nice to eat, when driving past a café or bakery.	1	2	3	4	5
20.	When it is raining, I have to snack constantly.	1	2	3	4	5

Score Total _____

Dietitian notes

0 – 55: The patient most probably does not have an eating problem and is definitely not a compulsive eater. The patient mostly eats when he/she is hungry, and stops eating, when he/she has had enough. Food doesn't bother the patient and he/she is in control of his/her eating habits and food.

56 – 69: The patient is not a compulsive eater yet, but can easily become one because she/he is too fond of food and eating. The patient does not only eat when he/she is hungry, but often because of emotional reasons or habit.

70+: The patient is most probably a compulsive eater and in need of help.