

Eating behaviours questionnaire

Please tick which items you relate to; tick as many as apply:

1. I eat quickly
2. I often feel over-full after finishing my meals
3. I skip meals (this includes breakfast)
4. I have a grazing pattern with snacking
5. I finish my children's leftovers
6. I eat while working at computer
7. I eat while driving
8. I eat while standing up
9. I eat while watching television
10. I eat when I am bored
11. I eat when I am upset/angry/lonely/stressed
12. I eat more when I am out with friends
13. I eat less when I am out with friends
14. I eat most at night time
15. I often get 'seconds'
16. I regularly feel physically hungry
17. I enjoy eating my 'treat' foods
18. I feel guilty eating my 'treat' foods