V8	Eating Behavior Questionnaire ((EBQ)
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1. Are	you pre	occı	ipied v	vith t	hough	ts of fo	ood	or eatin	g?			Raw Scores
	Never Rarely		Sometimes			Often		Always				
	0	1	2	3	4	5	6	7	8	9	10	
2. Do y	you eat t	о со	mfort	your	self?							
	Never Rarely		Sometimes			Often		Always				
	0	1	2	3	4	5	6	7	8	9	10	
3. Do y	you crav	e an	y spec	ific fo	oods?							
	Never		Rarel	у	Sometimes			Often		Always		
	0	1	2	3	4	5	6	7	8	9	10	
4. Onc	e you st	art e	ating,	do yo	ou find	it har	d to	stop?				
	Never	r Rarely		Sometimes		Often		Always				
	0	1	2	3	4	5	6	7	8	9	10	
5. Do y	you find	it di	fficult	to st	ick to a	ın eati	ng p	lan?				
	Never		Rarely		Sometimes		Often		Always			
	0	1	2	3	4	5	6	7	8	9	10	
6. Do y	you eat r	apio	dly, mo	re ra	pidly t	han th	ıose	around	l you	?		
	Never Rarely		Sometimes			Often		Always				
	0	1	2	3	4	5	6	7	8	9	10	
Mo	re quest	tions	s on re	verse	e side							

	ways	Always		Often		Sometimes			Rarely		Never	
-	10	9 10		7 8		4 5 6			2	1	0	
							ating?	our ea	ol of ye	ontro	ou in co	
	Always		Often		Sometimes			у	Never Rarely			
	10	9	8	7	6	5	4	3	2	1	0	
						ss?	er stres	unde	when	ore	ou eat n	
	ways	Often Alw			Sometimes			Rarely		Never		
	10	9	8	7	6	5	4	3	2	1	0	
				imes?	nal ti	notio	ghly ei	ng hi	e duri	mor	ou eat	
	ways	Al		Often		times	Sometim		Rarely		Never	
	10	9	8	7	6	5	4	3	2	1	0	
ore	al Raw Sco	ı Tota	estion	10 Qu								
				CORE (

Instruct patient to answer by making a horizontal line perpendicular to and across the line beneath each question at a spot that best answers the question for their eating behavior in the past few days. Score by measuring distance in millimeters from 0 at extreme left of line to patient's mark on line. Question 8 is reverse scored by subtracting distance at patient's mark from 100.

	/(Patient Name/D.O.B)
EBQ Date	Examiner:

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