

V8

Eating Behavior Questionnaire (EBQ)

1. Are you preoccupied with thoughts of food or eating?

Raw Scores

Never	Rarely	Sometimes	Often	Always							
<hr/>											
0	1	2	3	4	5	6	7	8	9	10	<hr/>

2. Do you eat to comfort yourself?

Never	Rarely	Sometimes	Often	Always							
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0	1	2	3	4	5	6	7	8	9	10	<hr/>

3. Do you crave any specific foods?

Never	Rarely	Sometimes	Often	Always							
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0	1	2	3	4	5	6	7	8	9	10	<hr/>

4. Once you start eating, do you find it hard to stop?

Never	Rarely	Sometimes	Often	Always							
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0	1	2	3	4	5	6	7	8	9	10	<hr/>

5. Do you find it difficult to stick to an eating plan?

Never	Rarely	Sometimes	Often	Always							
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0	1	2	3	4	5	6	7	8	9	10	<hr/>

6. Do you eat rapidly, more rapidly than those around you?

Never	Rarely	Sometimes	Often	Always							
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0	1	2	3	4	5	6	7	8	9	10	<hr/>

More questions on reverse side

