

Emotional Eating Scale

We all respond to different emotions in different ways. Some types of feelings lead people to experience an urge to eat.

Please indicate the extent to which the following feelings lead you to feel an urge to eat by checking the appropriate box.

Begin on the following page.



EMOTIONAL EATING SCALE

	No Desire to Eat	A Small Desire to Eat	A Moderate Desire to Eat	A Strong Desire to Eat	An Overwhelming Desire to Eat
Resentful					
Discouraged					
Shaky					
Worn out					
Inadequate					
Excited					
Rebellious					
Jittery					
Sad					
Uneasy					
Irritated					
Jealous					
Worried					
Frustrated					
Lonely					
Furious					
Anxious					
On edge					
Confused					
Nervous					
Angry					
Guilty					
Bored					
Helpless					
Upset					
Grieving					

EMOTIONAL EATING SCALE

Next, examine the same list, but take a moment to think about which emotions you are feeling at the moment.

How Do You Feel Now?

	Not at all	Slightly	Moderately	Moderately
Resentful				
Discouraged				
Shaky				
Worn out				
Inadequate				
Excited				
Rebellious				
Jittery				
Sad				
Uneasy				
Irritated				
Jealous				
Worried				
Frustrated				
Lonely				
Furious				
Anxious				
On edge				
Confused				
Nervous				
Angry				
Guilty				
Bored				
Helpless				
Upset				
Grieving				

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