

MINDFUL EATING QUESTIONNAIRE

| Question | | Never/Rarely | Sometimes | Often | Usually / Always |
|---|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. I eat so quickly that I don't taste what I'm eating. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. When I eat at "all you can eat" buffets, I tend to overeat. | <input type="checkbox"/> <i>I don't eat at buffets</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. At a party where there is a lot of good food, I notice when it makes me want to eat more food than I should. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I recognize when food advertisements make me want to eat. | <input type="checkbox"/> <i>Food ads never make me want to eat.</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. When a restaurant portion is too large, I stop eating when I'm full. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. My thoughts tend to wander while I am eating. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. When I'm eating one of my favorite foods, I don't recognize when I've had enough. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. I notice when just going into a movie theater makes me want to eat candy or popcorn. | <input type="checkbox"/> <i>I never eat candy or popcorn.</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. If it doesn't cost much more, I get the larger size food or drink regardless of how hungry I feel. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. I notice when there are subtle flavors in the foods I eat. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. If there are leftovers that I like, I take a second helping even though I'm full. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. When eating a pleasant meal, I notice if it makes me feel relaxed. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. I snack without noticing that I am eating. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. When I eat a big meal, I notice if it makes me feel heavy or sluggish. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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|---|---|--------------------------|-------------------------------------|--------------------------|-------------------------------------|
| 15. I stop eating when I'm full even when eating something I love. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. I appreciate the way my food looks on my plate. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. When I'm feeling stressed at work, I'll go find something to eat. | <input type="checkbox"/> <i>I don't work</i> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 18. If there's good food at a party, I'll continue eating even after I'm full. | | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. When I'm sad, I eat to feel better. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. I notice when foods and drinks are too sweet. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Before I eat I take a moment to appreciate the colors and smells of my food. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. I taste every bite of food that I eat. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. I recognize when I'm eating and not hungry. | <input type="checkbox"/> <i>I never eat when I'm not hungry.</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. I notice when I'm eating from a dish of candy just because it's there. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. When I'm at a restaurant, I can tell when the portion I've been served is too large for me. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. I notice when the food I eat affects my emotional state. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. I have trouble not eating ice cream, cookies, or chips if they're around the house. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. I think about things I need to do while I am eating. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SCORING MINDFUL EATING QUESTIONNAIRE

| | <u>QUESTION</u> | <u>RESPONSE</u> | |
|----------------------|-----------------|-----------------|---|
| <u>Awareness</u> | 10 | _____ | |
| | 12 | _____ | |
| | 16 | _____ | |
| | 21 | _____ | |
| | 20 | _____ | |
| | 22 | _____ | |
| | 26 | _____ | |
| | Total | _____ | |
| <u>Distraction</u> | 1* | _____ | |
| | 6* | _____ | |
| | 28* | _____ | |
| | Total | _____ | |
| <u>Disinhibition</u> | 2* | _____ | |
| | 5 | _____ | |
| | 7* | _____ | |
| | 9* | _____ | |
| | 11* | _____ | |
| | 15 | _____ | |
| | 18* | _____ | |
| | 25 | _____ | |
| Total | _____ | | score = sum ÷ number of items answered |
| <u>Emotional</u> | 13* | _____ | |
| | 17*# | _____ | |
| | 19* | _____ | |
| | 27* | _____ | |
| Total | _____ | | score = sum ÷ number of items answered |
| <u>External</u> | 3 | _____ | |
| | 4# | _____ | |
| | 8# | _____ | |
| | 14 | _____ | |
| | 23# | _____ | |
| | 24 | _____ | |
| Total | _____ | | score = sum ÷ number of items answered |

Summary Score = sum of subscale scores average of each subscale scores ÷ 5

***Reverse before scoring: (1=4, 2=3, 3=2, 4=1)**

#Do not count in numerator or denominator if the “not applicable” option is selected

Reference: Framson C, Kristal AR, Schenk JM, Littman AJ, Zeliadt S, Benitez D. Development and validation of the Mindful Eating Questionnaire. J Am Diet Assoc 2009;109:1439-1444.