Please rate the extent to which you agree or disagree with the following statements, by placing a tick in the appropriate box. Some of the questions may look as if they are 'opposite' to one another. However, **please don't worry about being consistent in your responses**. It is often the case that we feel one way in some situations but a completely different way in other situations. As such, you should answer each question as if it were the only question and avoid looking back at your previous answers.

Participant number ……..……

		1 Completely disagree	2 Disagree a bit	3 Neither agree nor disagree	4 Agree a bit	5 Completely agree
1	I spend a lot of time thinking about food	☐	☐	☐	☐	☐
2	Planning meals can be quite stressful	☐	☐	☐	☐	☐
3	I often find myself thinking about food	☐	☐	☐	☐	☐
4	My thoughts about food don't tend to me particularly pleasant or unpleasant	☐	☐	☐	☐	☐
5	I really enjoy myself thinking about food	☐	☐	☐	☐	☐
6	I can get quite stressed if I start to think about food	☐	☐	☐	☐	☐
7	I often struggle with thoughts about food	☐	☐	☐	☐	☐
8	I like thinking about my favourite food	☐	☐	☐	☐	☐
9	When I think about food it's not usually linked to any particular emotion	☐	☐	☐	☐	☐
10	I often look forward to my next meal	☐	☐	☐	☐	☐
11	I hate being distracted with thoughts about food	☐	☐	☐	☐	☐
12	I don't particularly enjoy or dislike thinking about food	☐	☐	☐	☐	☐
13	I worry I spend too much time thinking about food	☐	☐	☐	☐	☐
14	I love thinking about food	☐	☐	☐	☐	☐
15	Thinking about food can put me in a bad mood	☐	☐	☐	☐	☐
16	Sometimes I think about food just for the fun of it	☐	☐	☐	☐	☐
17	I don't think about food all that much	☐	☐	☐	☐	☐
18	Deciding what to eat can be quite stressful	☐	☐	☐	☐	☐
19	I can get really excited thinking about food	☐	☐	☐	☐	☐
20	I don't pay much attention to thoughts about food	☐	☐	☐	☐	☐
21	Thinking about food can put me in a good mood	☐	☐	☐	☐	☐
22	I hate thinking about food	☐	☐	☐	☐	☐
23	Thinking about food doesn't really excite or depress me	☐	☐	☐	☐	☐
24	I enjoy deciding what to eat in a restaurant	☐	☐	☐	☐	☐
25	Thinking about food can make me quite miserable	☐	☐	☐	☐	☐
26	I enjoy planning what I'm going to eat	☐	☐	☐	☐	☐
		1 Completely disagree	2 Disagree a bit	3 Neither agree nor disagree	4 Agree a bit	5 Completely agree