

**Scoring for the 21 item Food Preoccupation Questionnaire
(Tapper & Pothos, 2010)**

Item	Subscale
1 I spend a lot of time thinking about food	Frequency
2 Planning meals can be quite stressful	Negative
3 I often find myself thinking about food	Frequency
4 I really enjoy myself thinking about food	Positive
5 I can get quite stressed if I start to think about food	Negative
6 I often struggle with thoughts about food	Negative
7 I like thinking about my favourite food	Positive
8 I often look forward to my next meal	Positive
9 I hate being distracted with thoughts about food	Negative
10 I worry I spend too much time thinking about food	Negative
11 I love thinking about food	Positive
12 Thinking about food can put me in a bad mood	Negative
13 Sometimes I think about food just for the fun of it	Positive
14 I don't think about food all that much	Frequency*
15 Deciding what to eat can be quite stressful	Negative
16 I can get really excited thinking about food	Positive
17 Thinking about food can put me in a good mood	Positive
18 I hate thinking about food	Negative
19 I enjoy deciding what to eat in a restaurant	Positive
20 Thinking about food can make me quite miserable	Negative
21 I enjoy planning what I'm going to eat	Positive

* This item is reverse scored

Frequency of thoughts about food

Compute the mean for items 1, 3 and 14 (remembering to first reverse score item 14)

Extent to which thoughts have a positive emotional valence

Compute the mean for items 4, 7, 8, 11, 13, 16, 17, 19 and 21

Extent to which thoughts have a negative emotional valence

Compute the mean for items 2, 5, 6, 9, 10, 12, 15, 18 and 20