**Mood Questionnaire (Not Validated)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **How thirsty do you feel right now?** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **How hungry do you feel right now?** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **How tired do you feel right now?** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **How stressed do you feel right now?** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **How happy do you feel right now?** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **How relaxed do you feel right now?** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **How bloated do you feel right now?** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **How nervous do you feel right now?** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **How excited do you feel right now?** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **How irritable do you feel right now?** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Three Factor Eating Questionnaire (Stunkard & Messick, 1985)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Disinhibited Eating** | | |  | |  | |
| When I smell a sizzling steak or see a juicy piece of meat, I find it very difficult to keep from eating, even if I have just finished a meal. | | | True | | False | |
| I usually eat too much at social occasions, like parties and picnics. | | | True | | False | |
| Sometimes things just taste so good that I keep on eating, even when I am no longer hungry. | | | True | | False | |
| When I feel anxious, I find myself eating | | | True | | False | |
| Since my weight goes up and down, I have gone on reducing diets more than once | | | True | | False | |
| When I am with someone who is overeating, I usually overeat too | | | True | | False | |
| Sometimes when I start eating, I just can't seem to stop | | | True | | False | |
| It is not difficult for me to leave something on my plate | | | True | | False | |
| When I feel sad, I often overeat | | | True | | False | |
| My weight has hardly changed at all in the last ten years | | | True | | False | |
| When I feel lonely, I console myself by eating | | | True | | False | |
| Without even thinking about it, I take a long time to eat | | | True | | False | |
| While on a diet, if I eat a food that is not allowed, I often then splurge and eat other high calorie foods | | | True | | False | |
|  | | | | | | |
| Do you eat sensibly in front of others and splurge alone? | Never | Rarely | | Often | | Always |
| Do you go on eating binges though you are not hungry? | Never | Rarely | | Sometimes | | At least once a week |
| To what extent does this statement describe your eating behaviour?  'I start dieting in the morning, but because of any number of things that happen during the day, by evening I have given up and eat what I want, promising myself to start dieting again tomorrow'. | Not like me | Little like me | | Pretty good description of me | | Describes me perfectly |

**The Dutch Eating Behavior Questionnaire** (**van Strien et al., 1986)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Restrained Eating** |  | | | | | |
| 1. When you have put on weight do you eat less than you usually do? | not relevant | never | seldom | sometimes | often | very often |
| 2. Do you try to eat less at mealtimes than you would like to eat? |  | never | seldom | sometimes | often | very often |
| 3. How often do you refuse food or drink offered to you because you are concerned about your weight? |  | never | seldom | sometimes | often | very often |
| 4. Do you watch exactly what you eat? |  | never | seldom | sometimes | often | very often |
| 5. Do you deliberately eat foods that are slimming? |  | never | seldom | sometimes | often | very often |
| 6. When you have eaten too much, do you eat less than usual the following day? | not relevant | never | seldom | sometimes | often | very often |
| 7. Do you deliberately eat less in order not to become heavier? |  | never | seldom | sometimes | often | very often |
| 8. How often do you try not to eat between meals because you are watching your weight? |  | never | seldom | sometimes | often | very often |
| 9. How often in the evening do you try not to eat because you are watching your weight? |  | never | seldom | sometimes | often | very often |
| 10. Do you take your weight into account with what you eat? |  | never | seldom | sometimes | often | very often |

**Visualisation task ratings (not validated)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Think about the recording your just heard and the things you imagined whilst listening to it. | | | | | |
| How immersed were you in the things you imagined? | Not at all | A little | Moderately | A lot | Very much |
| How real did the things you imagined seemed to you? | Not at all | A little | Moderately | A lot | Very much |
| How detailed were the images you saw in your mind's eye? | Not at all | A little | Moderately | A lot | Very much |
| How believable were the things that you imagined? | Not at all | A little | Moderately | A lot | Very much |
| How easy was it for you to visualise what the recording asked you to imagine? | Not at all | A little | Moderately | A lot | Very much |