Dutch Eating Behaviour Questionnaire

DEBQ - 33 Items

Start of Block: Screening: DEBQ

Q7 ***DEBQ - 33 items***

ID Participant

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Q7 *Please answer* ***all*** *questions.*

DEBQ\_a Choose the appropriate response.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | never (1) | seldom (2) | sometimes (3) | often (4) | very often (5) |
| Do you try to eat less at mealtimes than you would like to eat? (1) |  |  |  |  |  |
| How often do you refuse food or drink offered to you because you are concerned about your weight? (2) |  |  |  |  |  |
| Do you watch exactly what you eat? (3) |  |  |  |  |  |
| Do you deliberately eat foods that are slimming? (4) |  |  |  |  |  |
| Do you deliberately eat less in order not to become heavier? (5) |  |  |  |  |  |
| How often do you try not to eat between meals because you are watching your weight? (6) |  |  |  |  |  |
| How often in the evenings do you try not to eat because you are watching your weight? (7) |  |  |  |  |  |
| Do you take your weight into account with what you eat? (8) |  |  |  |  |  |
| If food tastes good to you, do you eat more than usual? (9) |  |  |  |  |  |
| If food smells good, do you eat more than usual? (10) |  |  |  |  |  |
| If you smell something delicious, do you have a desire to eat it? (11) |  |  |  |  |  |
| If you have something delicious to eat, do you eat it straight away? (12) |  |  |  |  |  |
| If you walk past a baker, do you have a desire to buy something delicious? (13) |  |  |  |  |  |
| If you walk past a snackbar or café, do you have a desire to buy something delicious? (14) |  |  |  |  |  |
| If you see others eating, do you also have a desire to eat? (15) |  |  |  |  |  |
| Can you resist eating delicious foods? (16) |  |  |  |  |  |
| Do you eat more than usual, when you see others eating? (17) |  |  |  |  |  |
| When preparing a meal, are you inclined to eat something? (18) |  |  |  |  |  |
| Do you have a desire to eat when you are something unpleasant is about to happen? (19) |  |  |  |  |  |
| Do you get the desire to eat when you are anxious, worried or tense? (20) |  |  |  |  |  |
| Do you have a desire to eat when things are going against you and when things have gone wrong? (21) |  |  |  |  |  |

DEBQ\_b Choose the appropriate response.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | not relevant (1) | never (2) | seldom (3) | sometimes (4) | often (5) | very often (6) |
| When you have put on weight do you eat less than you usually do? (1) |  |  |  |  |  |  |
| When you have eaten too much, do you eat less than usual the following day? (2) |  |  |  |  |  |  |
| Do you have a desire to eat when you are irritated? (3) |  |  |  |  |  |  |
| Do you have a desire to eat when you have nothing to do? (4) |  |  |  |  |  |  |
| Do you have a desire to eat when you are depressed or discouraged? (5) |  |  |  |  |  |  |
| Do you have a desire to eat when you are feeling lonely? (6) |  |  |  |  |  |  |
| Do you have a desire to eat when you somebody lets you down? (7) |  |  |  |  |  |  |
| Do you have a desire to eat when you are cross? (8) |  |  |  |  |  |  |
| Do you have a desire to eat when you are frightened? (9) |  |  |  |  |  |  |
| Do you have a desire to eat when you are disappointed? (10) |  |  |  |  |  |  |
| Do you have a desire to eat when you are emotionally upset? (11) |  |  |  |  |  |  |
| Do you have a desire to eat when you are bored or restless? (12) |  |  |  |  |  |  |

End of Block: Screening: DEBQ

Deck Depression Inventory

BDI-II -21 Items

Start of Block: Screening: BDI

Q16 ***BDI-II  - 21 Items***

ID Participant

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BDI *This questionnaire consists of 21 groups of statements. Please read each group of statements carefully, and then pick out one statement in each group that best describes the way you have been feeling during the past two weeks, including today. If several statements in the group seem to apply equally well, choose the highest number for that group. Be sure that you do not chose more than one statement for any group, including Item 16 (Changes in Sleeping Pattern) or Item 18 (Changes in Appetite).*

BDI\_1 Sadness

* (0) I do not feel sad. (1)
* (1) I feel sad much of the time. (2)
* (2) I am sad all the time. (3)
* (3) I am so sad or unhappy that I can’t stand it. (4)

BDI\_2 **Pessimism**

* (0) I am not discouraged about my future. (1)
* (1) I feel more discouraged about my future than I used to be. (2)
* (2) I do not expect things to work out for me. (3)
* (3) I feel my future is hopeless and will only get worse. (4)

BDI\_3 **Past Failure**

* (0) I do not feel like a failure. (1)
* (1) I have failed more than I should have. (2)
* (2) As I look back, I see a lot of failures. (3)
* (3) I feel I am a total failure as a person. (4)

BDI\_4 **Loss of Pleasure**

* (0) I get as much pleasure as I ever did from the things I enjoy. (1)
* (1) I don’t enjoy things as much as I used to. (2)
* (2) I get very little pleasure from the things I used to enjoy. (3)
* (3) I can’t get any pleasure from the things I used to enjoy. (4)

BDI\_5 **Guilty Feelings**

* (0) I don’t feel particularly guilty. (1)
* (1) I feel guilty over many things I have done or should have done. (2)
* (2) I feel quite guilty most of the time. (3)
* (3) I feel guilty all of the time. (4)

BDI\_6 **Punishment Feelings**

* (0) I don’t feel I am being punished. (1)
* (1) I feel I may be punished. (2)
* (2) I expect to be punished. (3)
* (3) I feel I am being punished. (4)

BDI\_7 **Self-Dislike**

* (0) I feel the same about myself as ever. (1)
* (1) I have lost confidence in myself. (2)
* (2) I am disappointed in myself. (3)
* (3) I dislike myself. (4)

BDI\_8 **Self-Criticalness**

* (0) I don’t criticize or blame myself more than usual. (1)
* (1) I am more critical of myself than I used to be. (2)
* (2) I criticize myself for all of my faults. (3)
* (3) I blame myself for everything bad that happens. (4)

BDI\_9 **Suicidal Thoughts or Wishes**

* (0) I don’t have any thoughts of killing myself. (1)
* (1) I have thoughts of killing myself, but I would not carry them out. (2)
* (2) I would like to kill myself. (3)
* (3) I would kill myself if I had the chance. (4)

BDI\_10 **Crying**

* (0) I don’t cry anymore than I used to. (1)
* (1) I cry more than I used to. (2)
* (2) I cry over every little thing. (3)
* (3) I feel like crying, but I can’t. (4)

BDI\_11 **Agitation**

* (0) I am no more restless or wound up than usual. (1)
* (1) I feel more restless or wound up than usual. (4)
* (2) I am so restless or agitated that it’s hard to stay still. (3)
* (3) I am so restless or agitated that I have to keep moving or doing something. (5)

BDI\_12 **Loss of Interest**

* (0) I have not lost interest in other people or activities (1)
* (1) I am less interested in other people or things than before (2)
* (2) I have lost most of my interest in other people or things (4)
* (3) It’s hard to get interested in anything. (5)

BDI\_13 **Indecisiveness**

* (0) I make decisions about as well as ever. (1)
* (1) I find it more difficult to make decisions than usual. (2)
* (2) I have lost most of my interest in other people or things. (4)
* (3) It’s hard to get interested in anything. (5)

BDI\_14 **Worthlessness**

* (0) I do not feel I am worthless. (1)
* (1) I don’t consider myself as worthwhile and useful as I used to. (2)
* (2) I feel more worthless as compared to other people. (4)
* (3) I feel utterly worthless. (5)

BDI\_15 **Loss of Energy**

* (0) I have as much energy as ever. (1)
* (1) I have less energy than I used to have. (2)
* (2) I don’t have enough energy to do very much. (3)
* (3) I don’t have enough energy to do anything. (4)

BDI\_16 **Changes in Sleeping Pattern**

* (0) I have not experienced any change in my slepping pattern. (1)
* (1a) I sleep somewhat more than usual. (4)
* (1b ) I sleep somewhat less than usual. (3)
* (2a) I sleep a lot more than usual. (5)
* (2b) I sleep a lot less than usual. (6)
* (3a) I sleep most of the day. (7)
* (3b) I wake up 1-2 hours early and can’t get back to sleep. (8)

BDI\_17 **Irritability**

* (0) I am no more irritable than usual. (1)
* (1) I am more irritable than usual. (2)
* (2) I am much more irritable than usual. (3)
* (3) I am irritable all the time. (4)

BDI\_18 **Changes in Appetite**

* (0) I have not experienced any change in my appetite. (1)
* (1a) My appetite is somewhat less than usual. (4)
* (1b) My appetite is somewhat greater than usual. (3)
* (2a) My appetite is much less than before. (5)
* (2b) My appetite is much greater than usual. (6)
* (3a) I have no appetite at all. (7)
* (3b) I crave food all the time. (8)

BDI\_19 **Concentration Difficulty**

* (0) I can concentrate as well as ever. (1)
* (1) I can’t concentrate as well as usual. (2)
* (2) It’s very hard to keep my mind on anything for very long. (3)
* (3) I find I can’t concentrate on anything. (4)

BDI\_20 **Tiredness or Fatigue**

* (0) I am no more tired or fatigued than usual. (1)
* (1) I get more tired or fatigued more easily than usual. (2)
* (2) I am too tired or fatigued to do a lot of the things I used to do. (4)
* (3) I am too tired or fatigued to do most of the things I used to do. (5)

BDI\_21 **Loss of Interest in Sex**

* (0) I have not noticed any recent change in my interest in sex. (1)
* (1) I am less interested in sex than I used to be. (3)
* (2) I am much less interested in sex now. (5)
* (3) I have lost interest in sex completely. (6)

End of Block: Screening: BDI

Binge Eating Scale

BES - Binge Eating Scale - 16 items

Start of Block: Default Question Block

Q1 Below are groups of numbered statements. Read all of the statements in each group and select the one that best describes the way you feel about the problems you have controlling your eating behaviour.

BES\_1 Please select one of the following

* I don’t feel self-conscious about my weight or body size when I’m with others. (1)
* I feel concerned about how I look to others, but it normally does not make me feel disappointed with myself. (2)
* I do get self-conscious about my appearance and weight which makes me feel disappointed in myself. (3)
* I feel very self-conscious about my weight and frequently, I feel intense shame and disgust for myself. I try to avoid social contacts because of my self-consciousness. (4)

BES\_2 Please select one of the following

* I don’t have any difficulty eating slowly in the proper manner. (1)
* Although I seem to “gobble down” foods, I don’t end up feeling stuffed because of eating too much. (2)
* At times, I tend to eat quickly and then, I feel uncomfortably full afterwards. (3)
* I have the habit of bolting down my food, without really chewing it. When this happens I usually feel uncomfortably stuffed because I’ve eaten too much. (4)

BES\_3 Please select one of the following

* I feel capable to control my eating urges when I want to. (1)
* I feel like I have failed to control my eating more than the average person. (2)
* I feel utterly helpless when it comes to feeling in control of my eating urges. (3)
* Because I feel so helpless about controlling my eating I have become very desperate about trying to get in control. (4)

BES\_4 Please select one of the following

* I don’t have the habit of eating when I’m bored. (1)
* I sometimes eat when I’m bored, but often I’m able to “get busy” and get my mind off food. (2)
* I have a regular habit of eating when I’m bored, but occasionally, I can use some other activity to get my mind off eating. (3)
* I have a strong habit of eating when I’m bored. Nothing seems to help me break the habit. (4)

BES\_5 Please select one of the following

* I’m usually physically hungry when I eat something. (1)
* Occasionally, I eat something on impulse even though I really am not hungry. (2)
* I have the regular habit of eating foods that I might not really enjoy, to satisfy a hungry feeling even though physically, I don’t need the food. (3)
* Even though I’m not physically hungry, 1 get a hungry feeling in my mouth that only seems to be satisfied when I eat a food, like a sandwich, that fills my mouth. Sometimes, when I eat the food to satisfy my mouth hunger, I then spit the food out so I won’t gain weight. (4)

BES\_6 Please select one of the following

* I don’t feel any guilt or self-hate after I overeat. (1)
* After I overeat, occasionally I feel guilt or self-hate. (2)
* Almost all the time I experience strong guilt or self-hate after I overeat. (3)

BES\_7 Please select one of the following

* I don’t lose total control of my eating when dieting even after periods when I overeat. (1)
* Sometimes when I eat a “forbidden food” on a diet, I feel like I “blew it” and eat even more. (2)
* Frequently, I have the habit of saying to myself, “I’ve blown it now, why not go all the way” when I overeat on a diet. When that happens I eat even more. (3)
* I have a regular habit of starting strict diets for myself, but I break the diets by going on an eating binge. My life seems to be either a “feast” or “famine.” (4)

BES\_8 Please select one of the following

* I rarely eat so much food that I feel uncomfortably stuffed afterwards. (1)
* Usually about once a month, I eat such a quantity of food, I end up feeling very stuffed. (2)
* I have regular periods during the month when I eat large amounts of food, either at mealtime or at snacks. (3)
* I eat so much food that I regularly feel quite uncomfortable after eating and sometimes a bit nauseous. (4)

BES\_9 Please select one of the following

* My level of calorie intake does not go up very high or go down very low on a regular basis (1)
* Sometimes after I overeat, I will try to reduce my caloric intake to almost nothing to compensate for the excess calories I’ve eaten (2)
* I have a regular habit of overeating during the night. It seems that my routine is not to be hungry in the morning but I overeat in the evening (3)
* In my adult years, I have had week-long periods where I practically starve myself. This follows periods when I overeat. It seems I live a life of either “feast or famine” (4)

BES\_10 Please select one of the following

* I usually am able to stop eating when I want to. I know when “enough is enough.” (1)
* Every so often, I experience a compulsion to eat which I can’t seem to control. (2)
* Frequently, I experience strong urges to eat which I seem unable to control, but at other times I can control my eating urges. (3)
* I feel incapable of controlling urges to eat. I have a fear of not being able to stop eating voluntarily. (4)

BES\_11 Please select one of the following

* I don’t have any problem stopping eating when I feel full. (1)
* I usually can stop eating when I feel full but occasionally overeat leaving me feeling uncomfortably stuffed. (2)
* I have a problem stopping eating once I start and usually I feel uncomfortable stuffed after I eat a meal. (3)
* Because I have a problem not being able to stop eating when I want, I sometimes have to induce vomiting to relieve my stuffed feeling. (4)

BES\_12 Please select one of the following

* I seem to eat just as much when I’m with others (family, social gatherings) as when I’m by myself. (1)
* Sometimes, when I’m with other persons, I don’t eat as much as I want to eat because I’m self-conscious about my eating. (2)
* Frequently, I eat only a small amount of food when others are present, because I’m very embarrassed about my eating. (3)
* I feel so ashamed about overeating that I pick times to overeat when I know no one will see me. I feel like a “closet eater.” (4)

BES\_13 Please select one of the following

* I eat three meals a day with only an occasional between meal snacks. (1)
* I eat 3 meals a day, but I also normally snack between meals. (2)
* When I am snacking heavily, I get in the habit of skipping regular meals. (3)
* There are regular periods when I seem to be continually eating, with no planned meals. (4)

BES\_14 Please select one of the following

* I don’t think much about trying to control unwanted eating urges. (1)
* At least some of the time, I feel my thoughts are pre-occupied with trying to control my eating urges. (2)
* I feel that frequently I spend much time thinking about how much I ate or about trying not to eat anymore. (3)
* It seems to me that most of my waking hours are pre-occupied by thoughts about eating or not eating. I feel like I’m constantly struggling not to eat. (4)

BES\_15 Please select one of the following

* I don’t think about food a great deal. (1)
* I have strong cravings for food but they last only for brief periods of time. (2)
* I have days when I can’t seem to think about anything else but food. (3)
* Most of my days seem to be pre-occupied with thoughts about food. I feel like I live to eat (4)

BES\_16 Please select one of the following

* I usually know whether or not I’m physically hungry. I take the right portion of food to satisfy me. (1)
* Occasionally, I feel uncertain about knowing whether or not I’m physically hungry. At these times it’s hard to know how much food I should take to satisfy me. (2)
* Even though I might know how many calories I should eat, I don’t have any idea what is a “normal” amount of food for me. (3)

End of Block: Default Question Block

**Power of Food Scale**

PFS (Power of Food Scale) - 15 Items

Start of Block: Screening: PFS

Q5 ***PFS - 15 Items***

ID Participant

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PFS *Read each statement and put a tick in the appropriate column on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | don't agree at all (1) | agree a little (2) | agree somewhat (3) | agree (4) | strongly agree (5) |
| 1. I find myself thinking about food even when I’m not physically hungry. (1) |  |  |  |  |  |
| 2. I get more pleasure from eating than I do from almost anything else. (2) |  |  |  |  |  |
| 3. If I see or smell a food I like, I get a powerful urge to have some. (3) |  |  |  |  |  |
| 4. When I’m around a fattening food I love, it’s hard to stop myself from at least tasting it. (4) |  |  |  |  |  |
| 5. It’s scary to think of the power that food has over me. (5) |  |  |  |  |  |
| 6. When I know a delicious food is available, I can’t help myself from thinking about having some. (6) |  |  |  |  |  |
| 7. I love the taste of certain foods so much that I can’t avoid eating them even they’re bad for me. (7) |  |  |  |  |  |
| 8. Just before I taste a favorite food, I feel intense anticipation. (8) |  |  |  |  |  |
| 9. When I eat delicious food I focus a lot on how good it tastes. (9) |  |  |  |  |  |
| 10. Sometimes, when I’m doing everyday activities, I get an urge to eat ‘’out of the blue’’ (for no apparent reason). (10) |  |  |  |  |  |
| 11. I think I enjoy eating a lot more than most other people. (11) |  |  |  |  |  |
| 12. Hearing someone describe a great meal makes me really want to have something to eat. (12) |  |  |  |  |  |
| 13. It seems like I have food on my mind a lot. (13) |  |  |  |  |  |
| 14. It’s very important to me that the foods I eat are as delicious as possible. (14) |  |  |  |  |  |
| 15. Before I eat a favourite food my mouth tends to flood with saliva (15) |  |  |  |  |  |

End of Block: Screening: PFS

**Behavioural Inhibition System/Behavioural Approach System**

BIS/BAS - 24 Items

Start of Block: Screening: BIS/BAS

Q5 ***BIS/BAS - 24 Items***

ID Participant

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BISBAS *Each item of this questionnaire is a statement that a person may either agree with or disagree with.  For each item, indicate how much you agree or disagree with what the item says, by ticking the appropriate box.  Please respond to all the items; do not leave any blank.  Choose only one response to each statement.  Please be as accurate and honest as you can be.  Respond to each item as if it were the only item.  That is, don't worry about being "consistent" in your responses.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1 = very true for me (1) | 2 = somewhat true for me (2) | 3 = somewhat false for me (3) | 4 = very false for me (4) |
| 1. A person's family is the most important thing in life. (1) |  |  |  |  |
| 2. Even if something bad is about to happen to me, I rarely experience fear or nervousness. (2) |  |  |  |  |
| 3. I go out of my way to get things I want. (3) |  |  |  |  |
| 4. When I'm doing well at something I love to keep at it. (4) |  |  |  |  |
| 5. I'm always willing to try something new if I think it will be fun. (5) |  |  |  |  |
| 6. How I dress is important to me. (6) |  |  |  |  |
| 7. When I get something I want, I feel excited and energized. (7) |  |  |  |  |
| 8. Criticism or scolding hurts me quite a bit. (8) |  |  |  |  |
| 9. When I want something I usually go all-out to get it. (9) |  |  |  |  |
| 10. I will often do things for no other reason than that they might be fun. (10) |  |  |  |  |
| 11. It's hard for me to find the time to do things such as get a haircut. (11) |  |  |  |  |
| 12. If I see a chance to get something I want I move on it right away. (12) |  |  |  |  |
| 13. I feel pretty worried or upset when I think or know somebody is angry at me. (13) |  |  |  |  |
| 14. When I see an opportunity for something I like I get excited right away. (14) |  |  |  |  |
| 15. I often act on the spur of the moment. (15) |  |  |  |  |
| 16. If I think something unpleasant is going to happen I usually get pretty "worked up." (16) |  |  |  |  |
| 17. I often wonder why people act the way they do. (17) |  |  |  |  |
| 18. When good things happen to me, it affects me strongly. (18) |  |  |  |  |
| 19. I feel worried when I think I have done poorly at something important. (19) |  |  |  |  |
| 20, I crave excitement and new sensations. (20) |  |  |  |  |
| 21. When I go after something I use a "no holds barred" approach. (21) |  |  |  |  |
| 22. I have very few fears compared to my friends. (22) |  |  |  |  |
| 23. It would excite me to win a contest. (23) |  |  |  |  |
| 24. I worry about making mistakes. (24) |  |  |  |  |

End of Block: Screening: BIS/BAS

**Barratt Impulsiveness Scale – 11**

BIS - 30 Items

Start of Block: Default Question Block

Q1 People differ inthe ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and **select**the appropriate number on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly.   **1                                             2                                 3                                                4** **Rarely/Never                    Occasionally                Often                   Almost Always/ Always**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1 Rarely/Never (1) | 2 Occasionally (2) | 3 Often (3) | 4 Almost Always/Always (4) |
| 1. I plan tasks carefully (1) |  |  |  |  |
| 2. I do things without thinking. (2) |  |  |  |  |
| 3. I make-up my mind quickly. (3) |  |  |  |  |
| 4. I am happy-go-lucky. (4) |  |  |  |  |
| 5. I don’t ‘’pay attention’’. (5) |  |  |  |  |
| 6. I have ‘’racing’’ thoughts. (6) |  |  |  |  |
| 7. I plan trips well ahead of time (7) |  |  |  |  |
| 8. I am self controlled. (8) |  |  |  |  |
| 9. I concentrate easily. (9) |  |  |  |  |
| 10. I save regularly. (10) |  |  |  |  |
| 11. I ‘’squirm’’ at plays or lectures. (11) |  |  |  |  |
| 12. I am a careful thinker. (12) |  |  |  |  |
| 13. I plan for job security. (13) |  |  |  |  |
| 14. I say things without thinking. (14) |  |  |  |  |
| 15. I like to think about complex problems. (15) |  |  |  |  |
| 16. I change jobs. (16) |  |  |  |  |
| 17. I act ‘’on impulse.’’ (17) |  |  |  |  |
| 18. I get easily bored when solving thought problems. (18) |  |  |  |  |
| 19. I act on the spur of the moment. (19) |  |  |  |  |
| 20. I am a steady thinker. (20) |  |  |  |  |
| 21. I change residences. (21) |  |  |  |  |
| 22. I buy things on impulse. (22) |  |  |  |  |
| 23. I can only think about one thing at a time. (23) |  |  |  |  |
| 24. I change hobbies. (24) |  |  |  |  |
| 25. I spend or charge more than I earn. (25) |  |  |  |  |
| 26. I often have extraneous thoughts when thinking. (26) |  |  |  |  |
| 27. I am more interested in the present than the future. (27) |  |  |  |  |
| 28. I am restless at the theatre or lectures. (28) |  |  |  |  |
| 29. I like puzzles. (29) |  |  |  |  |
| 30. I am future oriented. (30) |  |  |  |  |

End of Block: Default Question Block

**Visual Analogue Scales (VAS)**

VAS -14 items

Start of Block: Visual analogue scale

Q37 ***VAS - 14 items***

ID Participant

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

sess Session

▼ 1 (1) ... 2 (2)

nb VAS number

▼ First VAS (1) ... After snack VAS (6)

date Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q50 Please pull the **dot** at the point on the horizontal line that most represents how you feel at the moment. **Don’t** spend a long time thinking about each one.  Each scale runs from 0-10 with 10 being the most you **could ever imagine** and 0 being **completely absent**.

VAS\_1 Alertness

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_2   
Disgust

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_3   
Full

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_4   
Drowsiness

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_5   
Light-headed

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| . () |  |

VAS\_6   
Anxiety

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_7   
Desire to Eat

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_8   
Happiness

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_9   
Nausea

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_10   
Thirst

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_11   
Sadness

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_12   
Withdrawn

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_13   
Faint

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

VAS\_14   
Hungry

|  |  |  |
| --- | --- | --- |
|  | Completely absent | Most I could ever imagine |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| . () |  |

End of Block: Visual analogue scale

**Positive and Negative Affect Schedule (PANAS)**

PANAS - 20 items

Start of Block: PANAS

Q8 ***PANAS*** - 20 items

ID Participant

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

sess Session

▼ 1 (1) ... 2 (2)

nb PANAS number

▼ First PANAS (1) ... After snack PANAS (6)

date Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q2 This scale consists of a number of words that describe different feelings and emotions. Please read each item and mark the appropriate answer on the scale. Indicate to what extent you have felt this way today.

PANAS Click to write the question text

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | very slightly or not at all (1) | a little (2) | moderately (3) | quite a bit (4) | extremely (5) |
| 1. Interested (1) |  |  |  |  |  |
| 2. Distressed (2) |  |  |  |  |  |
| 3. Excited (3) |  |  |  |  |  |
| 4. Upset (4) |  |  |  |  |  |
| 5. Strong (5) |  |  |  |  |  |
| 6. Guilty (6) |  |  |  |  |  |
| 7. Scared (7) |  |  |  |  |  |
| 8. Hostile (8) |  |  |  |  |  |
| 9. Enthusiastic (9) |  |  |  |  |  |
| 10. Proud (10) |  |  |  |  |  |
| 11. Irritable (11) |  |  |  |  |  |
| 12. Alert (12) |  |  |  |  |  |
| 13. Ashamed (13) |  |  |  |  |  |
| 14. Inspired (14) |  |  |  |  |  |
| 15. Nervous (15) |  |  |  |  |  |
| 16. Determined (16) |  |  |  |  |  |
| 17. Attentive (17) |  |  |  |  |  |
| 18. Jittery (18) |  |  |  |  |  |
| 19. Active (19) |  |  |  |  |  |
| 20. Afraid (20) |  |  |  |  |  |

End of Block: PANAS