



Emotional Eating Scale

We all respond to different emotions in different ways. Some types of feelings lead people to experience an urge to eat. Use the form below to identify the extent to which the following feelings lead you to feel an urge to eat, by ticking the appropriate box.

	No desire to eat	A small desire to eat	A moderate desire to eat	A strong urge to eat	An overwhelming urge to eat
Resentful					
Discouraged					
Shaky					
Worn out					
Inadequate					
Excited					
Rebellious					
Down					
Jittery					
Sad					
Uneasy					
Irritated					
Jealous					
Worried					

Frustrated					
Lonely					
Furious					
On edge					
Confused					
Nervous					
Angry					
Guilty					
Bored					
Helpless					
Upset					

Scoring the scale:

Each column is assigned a number, from 0 on the left (no desire to eat) through to 4 (an overwhelming desire to eat) on the right. Score your results accordingly, and add up the total. The highest possible score is 100.

What do the scores mean?

This rating scale is not a diagnostic tool. It rather seeks to give the person completing it a better indication whether they have a potentially unhealthy relationship with food.

0-25: you probably have a very healthy relationship with your food

25-46: your reliance on food to help manage your emotions is probably impacting on your quality of life

47-100: it is quite likely that you have a very significant reliance on using food to help you manage emotions, and this may risk your long term health

Would you like to speak to someone about your results? Schedule a call to find out how fit2change could help you