



HCHS/SOL- Family Lifestyle Outcomes Research

Reward Based Eating Drive (REDE)

QXQ

3/14/2019

General Instructions

Read the list of some of the ways the participant may have felt or behaved **during the past week**. Participant should indicate how much they agree or disagree with each statement.

QxQ Instructions

Select one answer for each question.

Questions 1 – 13: Answer choices are:

- 0 = Strongly Disagree
- 1 = Disagree
- 2 = Neither Agree nor Disagree
- 3 = Agree
- 4 = Strongly Agree

1. I feel out of control in the presence of delicious food
2. When I start eating, I just can't seem to stop
3. It is difficult for me to leave food on my plate
4. When it comes to foods I love, I have no willpower
5. I get so hungry that my stomach often seems like a bottomless pit
6. I don't get full easily
7. It seems like most of my waking hours are preoccupied by thoughts about eating or not eating
8. I have days when I can't seem to think about anything else but food
9. Food is always on my mind
10. I feel hungry all the time
11. I can't stop thinking about eating no matter how hard I try
12. I find myself continuing to consume certain foods even though I am no longer hungry
13. If food tastes good to me, I eat more than usual