

Eating in the absence of Hunger (EAH) Questionnaire

If you are finding it difficult to control your eating this questionnaire may help to clarify the problem. Choose the level along the scale that best applies to you.

Tick the boxes that best apply to you and add up the total for each section.

		not at all	somewhat		very true	
		1 point	2 points	3 points	4 points	5 points
	I eat frequent snacks to get more energy when I'm busy					
	If I'm upset I eat more chocolate, sweets or other foods that are not nutritious					
	I have previously gained weight during periods of stress or depression					
	I sometimes eat unusually large amounts of food in a short time					
	Enjoying good food has been an important part of my life					
	Thoughts of foods often come into my mind					
	I often get an impulse to buy certain foods while shopping					
	If I enjoy a particular food I will usually have another serve					
	I often feel unsatisfied but not actually hungry					
	I tend to eat more when I'm bored					
	I have had issues with alcohol, nicotine, medication or drug dependence					
	I often have large snacks late at night after my evening meal					

