**Emotional Appetite Questionnaire (EMAQ)**

Instructions: Please tell us first, how your eating behavior is affected by certain emotional states and situations. Mark an X on the scale below. The scale ranges from "1" to "9" where "1" represents a much lower than usual food intake and "9" represents a much higher than usual food intake. The "5" represents the usual food intake.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **The following refers to EMOTIONS.** **As compared to usual, do you eat:** | Much Less |  |  |  | Nor less nor more |  |  |  | Much More |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Quando está: | 1. Sad  |  |  |  |  |  |  |  |  |  |
|  |  |  2. Bored |  |  |  |  |  |  |  |  |  |
|  |  |  3. Confident |  |  |  |  |  |  |  |  |  |
|  |  |  4. Angry |  |  |  |  |  |  |  |  |  |
|  |  |  5. Anxious |  |  |  |  |  |  |  |  |  |
|  |  |  6. Happy |  |  |  |  |  |  |  |  |  |
|  |  |  7. Frustrated |  |  |  |  |  |  |  |  |  |
|  |  |  8. Tired |  |  |  |  |  |  |  |  |  |
|  |  |  9. Depressed |  |  |  |  |  |  |  |  |  |
|  |  |  10. Frightened |  |  |  |  |  |  |  |  |  |
|  |  |  11. Relaxed |  |  |  |  |  |  |  |  |  |
|  |  |  12. Playful |  |  |  |  |  |  |  |  |  |
|  |  |  13. Lonely |  |  |  |  |  |  |  |  |  |
|  |  |  14. Enthusiastic |  |  |  |  |  |  |  |  |  |
| **The following refer to SITUATIONS**As compared to usual, do you eat: | Much Less |  |  |  | Nor less nor more |  |  |  | Much More |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | 15. When under pressure |  |  |  |  |  |  |  |  |  |
|  | 16. After a heated argument |  |  |  |  |  |  |  |  |  |
|  | 17. After a tragedy of someone close to you |  |  |  |  |  |  |  |  |  |
|  | 18. When falling in love |  |  |  |  |  |  |  |  |  |
|  | 19. After ending a relationship |  |  |  |  |  |  |  |  |  |
|  | 20. When engaged in an enjoyable hobby |  |  |  |  |  |  |  |  |  |
|  | 21. After losing money or property |  |  |  |  |  |  |  |  |  |
|  | 22. After receiving good news |  |  |  |  |  |  |  |  |  |