



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

1. When I smell a sizzling steak or juicy piece of meat, I find it very difficult to keep from eating, even if I have just finished a meal.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

2. I deliberately take small helpings as a means of controlling my weight.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

3. When I feel anxious, I find myself eating.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

4. Sometimes when I start eating, I just can't seem to stop.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

5. Being with someone who is eating often makes me hungry enough to eat also.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

6. When I feel blue, I often overeat.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

7. When I see a real delicacy, I often get so hungry that I have to eat right away.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

8. I get so hungry that my stomach often seems like a bottomless pit.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

9. I am always hungry so it is hard for me to stop eating before I finish the food on my plate.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

10. When I feel lonely, I console myself by eating.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

11. I consciously hold back at meals in order not to weight gain.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

12. I do not eat some foods because they make me fat.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

13. I am always hungry enough to eat at any time.

definitely true (4)

mostly true (3)

mostly false (2)

definitely false (1)

14. How often do you feel hungry?

Only at meal times (1)

sometimes between meals (2)

often between meals (3)

almost always (4)

15. How frequently do you avoid "stocking up" on tempting foods?

- Almost never (1)
- seldom (2)
- usually (3)
- almost always (4)

16. How likely are you to consciously eat less than you want?

- Unlikely (1)
- slightly likely (2)
- moderately likely (3)
- very likely (4)

17. Do you go on eating binges though you are not hungry?

- Never (1)
- rarely (2)
- sometimes (3)
- at least once a week (4)

18. On a scale of 1 to 8, where 1 means no restraint in eating (eating whatever you want, whenever you want it) and 8 means total restraint (constantly limiting food intake and never "giving in"), what number would you give yourself?

Scoring:

The 1-2 scores were coded 1; 3-4 scores were coded 2; 5-6 scores were coded 3; 7-8 scores were coded 4. The cognitive restraint scale was composed of items 2, 11, 12, 15, 16, and 18. The uncontrolled eating scale was composed of items 1, 4, 5, 7, 8, 9, 13, 14, and 17. The emotional eating scale was composed of items 3, 6, and 10.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/230401>