



## 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. How hungry are you usually in the morning?

- 0  Not at all
- 1  A little
- 2  Somewhat
- 3  Moderately
- 4  Very

2. When do you usually eat for the first time?

- 0  Before 9am
- 1  9:01 to 12pm
- 2  12:01 to 3pm
- 3  3:01 to 6pm
- 4  6:01 or later

3. Do you have cravings or urges to eat snacks after supper, but before bedtime?

- 0  Not at all
- 1  A little
- 2  Somewhat
- 3  Very much so
- 4  Extremely so

4. How much control do you have over your eating between supper and bedtime?

0 [ ] None at all

1 [ ] A Little

2 [ ] Some

3 [ ] Very Much

4 [ ] Complete

5. How much of your daily food intake do you consume after supertime?

0 [ ] 0% (none)

1 [ ] 1-25% (up to a quarter)

2 [ ] 26-50% (about half)

3 [ ] 51-75% (more than half)

4 [ ] 76-100% (almost all)

6. Are you currently feeling blue or down in the dumps?

0 [ ] Not at all

1 [ ] A Little

2 [ ] Somewhat

3 [ ] Very Much So

4 [ ] Extremely

7. When you are feeling blue, is your mood lower in the:

0 [ ] Early Morning

1 [ ] Late Morning

2 [ ] Early Afternoon

3 [ ] Late Afternoon

4 [ ] Evening

\_\_\_\_\_check here if your mood does not change during the day

8. How often do you have trouble getting to sleep?

0 [ ] Never

- 1  Sometimes
- 2  About Half of the time
- 3  Usually
- 4  Always

9. Other than only to use the bathroom, how often do you get up at least once in the

middle of the night?

- 0  Never
- 1  Less than once a week
- 2  About once a week
- 3  More than once a week
- 4  Every Night

\*\*\*\*\* IF 0 for #9, PLEASE STOP HERE \*\*\*\*\*

10. Do you have cravings or urges to eat snacks when you wake up at night?

- 0  Not at all
- 1  A little
- 2  Somewhat
- 3  Very much so
- 4  Extremely so

11. Do you need to eat in order to get back to sleep when you awake at night?

- 0  Not at all
- 1  A little
- 2  Somewhat
- 3  Very much so
- 4  Extremely so

12. When you get up in the middle of the night, how often do you snack?

- 0  Never

- 1  Sometimes
- 2  About half the time
- 3  Usually
- 4  Always

\*\*\*\*\* IF 0 on #12, PLEASE SKIP TO #15 \*\*\*\*\*

13. When you snack in the middle of the night, how aware are you of your eating?

- 0  Not at all
- 1  A little
- 2  Somewhat
- 3  Very much so
- 4  Completely

14. How much control do you have over your eating while you are up at night?

- 0  None at all
- 1  A little
- 2  Some
- 3  Very much
- 4  Complete

15. How long have your current difficulties with night eating been going on?

\_\_\_\_\_ mos. \_\_\_\_\_ years

16. Is night eating upsetting to you?

- 0  Not at all
- 1  A lot
- 2  Somewhat
- 3  Very much so
- 4  Extremely

17. How much has your night eating affected your life?

0 [ ] Not at all

1 [ ] A little

2 [ ] Somewhat

3 [ ] Very much so

4 [ ] Extremely

### **SCORING KEY FOR THE NIGHT EATING QUESTIONNAIRE(NEQ)**

A. Items 1, 4 and 14 are reverse scored. Items 1-12 and 14 are summed.

B. Item 13 is not included in the total score, but is used to rule out the parasomnia, Nocturnal Sleep Related Eating Disorder (NS-RED).

C. Item 15 is not added to the total score, but instead is used as a descriptor of the course of the symptoms.

D. Items 16 and 17 are used to confirm the presence of distress or impairment if NES is present.

A score of 25 or greater is suggestive of night eating syndrome, and a score of 30 and above is a strong indicator of NES, but we suggest that the answers are reviewed with the patient in an interview before a firm diagnosis is made. For example, many patients with night eating symptoms over-estimate their intake at night. Also, if patients are

depressed in the late evening and have trouble falling asleep, but only minimal night eating, this could inflate their scores.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/230601>