



UNIVERSITY OF LEEDS

## Control of Eating Questionnaire (CoEQ)

**The Control of Eating Questionnaire (CoEQ) is a brief, 21-item scale to assess the severity and type of food cravings an individual experiences.**

The Control of Eating Questionnaire (CoEQ) comprises 21-items across 4 sub-domains that are designed to assess the severity and type of food cravings an individual experiences over a pre-defined retrospective period (e.g. 24h; 1-week; 1-month). The CoEQ has been used in clinical trials as a multi-dimensional measure of appetite, craving and mood regulation. The CoEQ has good psychometric properties with a clear component structure and internal consistency. The CoEQ is valid as a measure of the experience of food cravings.

### References

1. M Dalton, G Finlayson, A Hill & J Blundell , <https://www.nature.com/articles/ejcn201557>, European Journal of Clinical Nutrition

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