

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

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

<https://licensing.leeds.ac.uk/product/control-of-eating-questionnaire-coeq>