



# Adult Eating Behaviour Questionnaire (AEBQ)

**The Adult Eating Behaviour Questionnaire (AEBQ) is a self-report psychometric tool for populations to measure appetitive traits in adults (>13 years onwards)**

The Adult Eating Behaviour Questionnaire (AEBQ) is a self-report instrument to assess eight dimensions of eating style in adolescents and adults (>13 years onwards). It is a 35-item instrument with eight scales which are internally valid and have good test-retest reliability. The 8 subscales include responsiveness to food, enjoyment of food, satiety responsiveness, slowness in eating, fussiness, emotional overeating, emotional undereating, and desire for drinks. The AEBQ provides a useful measure of eating style for research into the early precursors of obesity or eating disorders. The behavioural susceptibility theory of obesity suggests that individual differences in these traits relate to susceptibility to gain weight (or not) in response to the current obesogenic environment.

Please note that translated versions of Adult Eating Behaviour Questionnaire are available for academic licences. For more details, please contact us via the "Contact us" section.

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## References

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