



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.

Placing an order on XIP

To license this product, please select the **appropriate licence option** on the right-hand side of this page. Terms can be previewed from the "Preview terms" link.

To place an order, please locate the **Sign-in** or **Register** options on the top right side of this page. You can either sign in to your existing account or register for a new now. **Please note that your account should be created using your academic/ institutional e-mail address.**

Before completing an order and accessing the material, each order requires prior authorization, with processing times varying depending on the product.

For additional guidance on how to create an account and place an order, refer to the [FAQs](#).

References

1. Hunot C., Fildes A., Croker H., Llewellyn C.H., Wardle J., Beeken R.J.(October 2016) , <http://dx.doi.org/10.1016/j.appet.2016.05.024>, *Appetite*, 105, 356-363
2. Llewellyn C.H., Wardle J.(December 2015) , <https://doi.org/10.1016/j.physbeh.2015.07.006>, *Physiology & Behavior*, 152, 494-501
3. Stunkard A.J., Messick S , [https://doi.org/10.1016/0022-3999\(85\)90010-8](https://doi.org/10.1016/0022-3999(85)90010-8), *Journal of Psychosomatic Research*, 29, 71-83
4. Van Strein T., Frijters J.E.R., Bergers G.P.A., Defares P.B.(February 1986) , [https://doi.org/10.1002/1098-108X\(198602\)5:2<295::AID-EAT2260050209>3.0.CO;2-T](https://doi.org/10.1002/1098-108X(198602)5:2<295::AID-EAT2260050209>3.0.CO;2-T), *International Journal of Eating Disorders*, 5, 295-315
5. Wardle J., Guthrie C.A., Sanderson S., Rapoport L.(08 October 2003) , [10.1111/1469-7610.00792](https://doi.org/10.1111/1469-7610.00792), *Journal of Child Psychology and Psychiatry*, 42, 963-970

Category
Healthcare Tools

[Learn more](#)

