

## Baby Eating Behaviour Questionnaire (BEBQ)

**The Baby Eating Behaviour Questionnaire (BEBQ) Concurrent version is a psychometric tool for infant populations to measure appetitive traits during the period of exclusive milk-feeding.**

The Baby Eating Behaviour Questionnaire (BEBQ) is a parent-report psychometric measure of infant appetite during the period of exclusive milk-feeding. It is the first standardised measure of infant appetite designed to characterise appetitive traits that might confer susceptibility to excess weight gain. It is an 18-item instrument with four scales which are internally valid and have good test-retest reliability. The four included subscales include 'enjoyment of food', 'food responsiveness', 'slowness in eating' and 'satiety responsiveness'. A single additional item assessing 'general appetite' correlates with all of the subscales.

A concurrent version exists which requires the parent/caregiver to report on current behaviours. The retrospective version has an identical factor structure but items have been amended to measure eating behaviours in the past.

### Highlights

- A parent-report psychometric measure of appetite for exclusively milk-fed infants.
- There are 4 scales that are internally reliable across many sub-groups of infants.
- A single item correlates with all 4 scales measuring 'general appetite'.
- A research tool for assessing weight-related appetitive traits during 0-3 months.

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

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### References

1. Llewellyn, C. H., van Jaarsveld, C. H., Johnson, L., Carnell, S., & Wardle, J. (October 2011), <https://doi.org/10.1016/j.appet.2011.05.324>, *Appetite*, 57, 388-396

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