

# Child Eating Behaviour Questionnaire (CEBQ)

Category

Healthcare Tools

**The Child Eating Behaviour Questionnaire (CEBQ) is a psychometric tool for paediatric populations to measure appetitive traits.**

The Children's Eating Behaviour Questionnaire (CEBQ) is a validated parent-rated instrument to assess eight dimensions of eating style in children. 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 CEBQ provides a useful measure of eating style for research into the early precursors of obesity or eating disorders. This is especially important in relation to the evidence for the heritability of obesity, where good measurement of the associated behavioural phenotypes is crucial.

An adapted version of the CEBQ exists (the CEBQ-T) to measure appetitive traits in toddlers during the weaning phase as they transition to solid foods.

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

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## References

1. Wardle, Jane, Guthrie, Carol Ann, Sanderson, Saskia, Rapoport, Lorna (08 October 2003), <https://doi.org/10.1111/1469-7610.00792>, The Journal of Child Psychology and Psychiatry, 42, 963-970