



Self-Regulation of Eating Behaviour Questionnaire (SREBQ)

Category
Healthcare Tools

The Self-Regulation of Eating Behaviour Questionnaire is a self-report psychometric tool for populations to measure eating self-regulatory capacity in adults.

[Learn more](#)

The Self-regulation of Eating Behaviour Questionnaire (SREBQ) is a self-report instrument to assess eating self-regulatory capacity in adults. It is a 5-item instrument with good strong construct validity, good discriminant ability, and positively correlated with general measures of self-regulation. Eating self-regulatory capacity can help individuals to cope with the obesogenic environment and achieve, as well as maintain, a healthy weight and diet.



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. Kliemann N, Beeken B, Wardle J, Johnson F(02 August 2016) , <https://doi.org/10.1186/s12966-016-0414-6>, 13, 1-11