

## Self-Regulation of Eating Behaviour Questionnaire (SREBQ)

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

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.

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### 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

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