

Intuitive Eating Assessment Scale-2

This quiz will assess whether you are an Intuitive Eater, or perhaps where you might need some work. It is adapted from Tracy Tylka's research on Tribole & Resch's model of Intuitive Eating [1,2,3]. This updated assessment was validated for use with both men and women, and includes a new category, Body-Food Choice Congruence, which reflects Principle 10 of Intuitive Eating—Honor Your Health with Gentle Nutrition.

Directions: The following statements are grouped into the three core characteristics of Intuitive Eaters. Answer "yes" or "no" for each statement. If you are unsure of how to respond, consider if the description usually applies to you—is it mostly "yes" or "no"?

Section 1. Unconditional Permission to Eat	
Yes No <input type="checkbox"/> <input type="checkbox"/>	1. I try to avoid certain foods high in fat, carbs or calories.
<input type="checkbox"/> <input type="checkbox"/>	2. If I am craving a certain food, I don't allow myself to have it.
<input type="checkbox"/> <input type="checkbox"/>	3. I get mad at myself for eating something unhealthy.
<input type="checkbox"/> <input type="checkbox"/>	4. I have forbidden foods that I don't allow myself to eat.
<input type="checkbox"/> <input type="checkbox"/>	5. I don't allow myself to eat what food I desire at the moment.
<input type="checkbox"/> <input type="checkbox"/>	6. I follow eating rules or diet plans that dictate what, when and/or how to eat.
Section 2. Eating for Physical Rather than Emotional Reasons	
Yes No <input type="checkbox"/> <input type="checkbox"/>	1. I find myself eating when I'm feeling emotional (anxious, sad, depressed), even when I'm not physically hungry.
<input type="checkbox"/> <input type="checkbox"/>	2. I find myself eating when I am lonely, even when I'm not physically hungry.
<input type="checkbox"/> <input type="checkbox"/>	3. I use food to help me sooth my negative emotions.
<input type="checkbox"/> <input type="checkbox"/>	4. I find myself eating when I am stressed out, even when I'm not physically hungry.
<input type="checkbox"/> <input type="checkbox"/>	5. I am able to cope with my negative emotions (i.e. anxiety and sadness) without turning to food for comfort.
<input type="checkbox"/> <input type="checkbox"/>	6. When I am bored, I eat just for something to do.
<input type="checkbox"/> <input type="checkbox"/>	7. When I am lonely, I turn to food for comfort.
<input type="checkbox"/> <input type="checkbox"/>	8. I have difficulty finding ways to cope with stress and anxiety, other than by eating.

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Section 3. Reliance on Internal Hunger/Satiety Cues (Trust)	
Yes	No
<input type="checkbox"/> <input type="checkbox"/>	1. I trust my body to tell me <i>when</i> to eat.
<input type="checkbox"/> <input type="checkbox"/>	2. I trust my body to tell me <i>what</i> to eat.
<input type="checkbox"/> <input type="checkbox"/>	3. I trust my body to tell me <i>how much</i> to eat.
<input type="checkbox"/> <input type="checkbox"/>	4. I rely on my hunger signals to tell me when to eat.
<input type="checkbox"/> <input type="checkbox"/>	5. I rely on my fullness (satiety) signals to tell me when to stop eating.
<input type="checkbox"/> <input type="checkbox"/>	6. I trust my body when to stop eating.
Section 4. Body-Food Choice Congruence	
Yes	No
<input type="checkbox"/> <input type="checkbox"/>	1. Most of the time, I desire to eat nutritious foods.
<input type="checkbox"/> <input type="checkbox"/>	2. I mostly eat foods that make my body perform efficiently (well).
<input type="checkbox"/> <input type="checkbox"/>	3. I mostly eat foods that give my body energy and stamina.

Scoring

- Sections 1-2: Each “yes” statement indicates an area that likely needs some work.
- Section 3-4: Each “no” statement indicates an area that likely need some work.

Source

[1]. Tylka, Tracy L. (2006). Development and psychometric evaluation of a measure of intuitive eating. *Journal of Counseling Psychology* 53(2), Apr:226-240.

[2] Tylka, T.L. (2013). A psychometric evaluation of the Intuitive Eating Scale with college men. *Journal of Counseling Psychology*, Jan;60(1):137-53.

[3] Tribole E. & Resch E. (2012). *Intuitive Eating* (3rd ed). St.Martin’s Press, NY:NY.