

Intuitive Eating Scale-2 (23 items)

Permission to use this measure is not required. However, I do request that you notify me via email if you use the Intuitive Eating Scale in your research.

Directions for participants: For each item, please circle the answer that best characterizes your attitudes or behaviors. (note to experimenter: use “check” in lieu of “circle” if survey is online)

1. I try to avoid certain foods high in fat, carbohydrates, or calories.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

2. I have forbidden foods that I don't allow myself to eat.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

3. I get mad at myself for eating something unhealthy.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

4. If I am craving a certain food, I allow myself to have it.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

5. I allow myself to eat what food I desire at the moment.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

6. I do NOT follow eating rules or dieting plans that dictate what, when, and/or how much to eat.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

7. I find myself eating when I'm feeling emotional (e.g., anxious, depressed, sad), even when I'm not physically hungry.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

8. I find myself eating when I am lonely, even when I'm not physically hungry.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

9. I use food to help me soothe my negative emotions.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

10. I find myself eating when I am stressed out, even when I'm not physically hungry.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

11. I am able to cope with my negative emotions (e.g., anxiety, sadness) without turning to food for comfort.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

12. When I am bored, I do NOT eat just for something to do.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

13. When I am lonely, I do NOT turn to food for comfort.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

14. I find other ways to cope with stress and anxiety than by eating.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

15. I trust my body to tell me when to eat.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

16. I trust my body to tell me what to eat.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

17. I trust my body to tell me how much to eat.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

18. I rely on my hunger signals to tell me when to eat.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

19. I rely on my fullness (satiety) signals to tell me when to stop eating.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

20. I trust my body to tell me when to stop eating.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

21. Most of the time, I desire to eat nutritious foods.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

22. I mostly eat foods that make my body perform efficiently (well).

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

23. I mostly eat foods that give my body energy and stamina.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

Scoring Procedure:

1. Reverse score Items 1, 2, 3, 7, 8, 9, and 10
2. *Total IES-2 Scale Score:* Add together all items and divide by 23 to create an average score.
3. *Unconditional Permission to Eat subscale:* Add together Items 1, 2, 3, 4, 5, and 6; divide by 6 to create an average score.
4. *Eating for Physical Rather than Emotional Reasons subscale:* Add together Items 7, 8, 9, 10, 11, 12, 13, and 14; divide by 8 to create an average score.
5. *Reliance on Hunger and Satiety Cues subscale:* Add together Items 15, 16, 17, 18, 19, and 20; divide by 6 to create an average score.
6. *Body-Food Choice Congruence subscale:* Add together Items 21, 22, and 23; divide by 3 to create an average score.