

## The Reward Based Eating Drive (RED) Scale

DIRECTIONS: Please read every question and indicate how much you agree or disagree.					
① Strongly Disagree	② Disagree	③ Neither Agree nor Disagree	④ Agree	⑤ Strongly Agree	
1. I feel out of control in the presence of delicious food	①	②	③	④	⑤
2. When I start eating, I just can't seem to stop	①	②	③	④	⑤
3. It is difficult for me to leave food on my plate	①	②	③	④	⑤
4. When it comes to foods I love, I have no willpower	①	②	③	④	⑤
5. I get so hungry that my stomach often seems like a bottomless pit	①	②	③	④	⑤
6. I don't get full easily	①	②	③	④	⑤
7. It seems like most of my waking hours are preoccupied by thoughts about eating or not eating	①	②	③	④	⑤
8. I have days when I can't seem to think about anything else but food	①	②	③	④	⑤
9. Food is always on my mind	①	②	③	④	⑤
10. I feel hungry all the time	①	②	③	④	⑤
11. I can't stop thinking about eating no matter how hard I try	①	②	③	④	⑤
12. I find myself continuing to consume certain foods even though I am no longer hungry	①	②	③	④	⑤
13. If food tastes good to me, I eat more than usual	①	②	③	④	⑤

\*Mason AE, \*Vainik U, Acree M, Tomiyama AJ, Dagher A, Epel, ES, & Hecht, FM. Improving assessment of the spectrum of reward-related eating: The RED-13. *Frontiers in Psychology*. 2017. PMID forthcoming; In Press.

*\*denotes equal contributions*

## The Reward Based Eating Drive (RED) Scale

- Sum items to generate a total score