

The Reward Based Eating Drive (RED) Scale

DIRECTIONS: Please read every question and indicate how much you agree or disagree.					
	①	②	③	④	⑤
①	②	③	④	⑤	⑥
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	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

Epel, E.S.*, Tomiyama, A.J.*, Mason, A. E., Laraia, B. A., Hartman, W., Ready, K., Acree, M., Adam, T. C., St. Jeor, A., & Kessler, D. (2014). The Reward-Based Eating Drive scale: A self-report index of reward-based eating. *PLoS*, *9*, e101350. doi: 10.1371/journal.pone.0101350

*denotes equal contributions

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- Sum items to generate a total score