

## 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.