

Food Craving Questionnaire – Trait
English Version

FCQ-T

Below is a list of statements people have made about their eating habits. Please indicate how often they also apply **in general to you**. Try to answer each statement as honestly as possible.

Never or not applicable	Rarely	Sometimes	Often	Usually	Always
(1)	(2)	(3)	(4)	(5)	(6)

1. When I crave something, I know I won't be able to stop eating once I start
2. I eat what I'm craving, I often lose control and eat too much
3. Food cravings invariably make me think of ways to get what I want to eat
4. I feel like I have food on my mind all the time
5. I find myself preoccupied with food
6. Sometimes, eating makes things seem just perfect
7. Eating what I crave makes me feel better
8. I crave foods when I feel bored, angry or sad
9. I feel less anxious after I eat
10. If I get what I'm craving I cannot stop myself from eating it
11. When I eat what I crave, I feel great
12. Once I start eating, I have trouble stopping
13. I can't stop thinking about eating no matter how hard I try
14. I spend a lot of time thinking about whatever it is I will eat next
15. When I'm stressed out, I crave food
16. When I am craving something, thoughts of eating it consume me
17. My emotions often make me want to eat
18. Whenever I go to a buffet I end up eating more than what I needed
19. When I am with someone who is overeating, I usually overeat too
20. When I eat food, I feel comforted
21. I crave foods when I'm upset

SCORING

COMPUTE Gft_pos = ft7 + ft11 + ft9 + ft20 + ft6.

COMPUTE Gft_no_co = ft2 + ft12 + ft1 + ft10 + ft19 + ft18.

COMPUTE Gft_preoc = ft4 + ft13 + ft5 + ft16 + ft3 + ft14.

COMPUTE Gft_emo = ft21 + ft17 + ft15 + ft8.

REFERENCE

Nijs, I. M. T., Franken, I. H. A., & Muris, P. (2007). The modified Trait and State Food-Cravings Questionnaires: Development and validation of a general index of food craving. *Appetite*, 49, 38–46.

<https://www.sciencedirect.com/science/article/pii/S0195666306006404>