

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. When I start eating, I just can't seem to stop	①	②	③	④	⑤
2. When it comes to foods I love, I have no willpower	①	②	③	④	⑤
3. I don't get full easily	①	②	③	④	⑤
4. I have days when I can't seem to think about anything else but food	①	②	③	④	⑤
5. Food is always on my mind	①	②	③	④	⑤

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- Sum items to generate a total score