NIGHT EATING QUESTIONNAIRE

Directions: Please circle ONE answer for each question.

1. How hungry are you usually in the morning?
   0 Not at all 1 A little 2 Somewhat 3 Moderately 4 Very

2. When do you usually eat for the first time?
   0 Before 9am 1 9:01 to 12pm 2 12:01 to 3pm 3 3:01 to 6pm 4 6:01 or later

3. Do you have cravings or urges to eat snacks after supper, but before bedtime?
   0 Not at all 1 A little 2 Somewhat 3 Very much so 4 Extremely so

4. How much control do you have over your eating between supper and bedtime?
   0 None at all 1 A little 2 Some 3 Very much 4 Complete

5. How much of your daily food intake do you consume after suppertime?
   0 0% 1 1-25% 2 26-50% 3 51-75% 4 76-100%
   (none) (up to a quarter) (about half) (more than half) (almost all)

6. Are you currently feeling blue or down in the dumps?
   0 Not at all 1 A little 2 Somewhat 3 Very much so 4 Extremely

7. When you are feeling blue, is your mood lower in the:
   0 Early Morning 1 Late Morning 2 Afternoon 3 Early Evening 4 Late Evening/ Nighttime
   _____ check here if your mood does not change during the day

8. How often do you have trouble getting to sleep?
   0 Never 1 Sometimes 2 About half the time 3 Usually 4 Always

9. Other than only to use the bathroom, how often do you get up at least once in the middle of the night?
   0 Never 1 Less than once a week 2 About once a week 3 More than once a week 4 Every night
10. Do you have cravings or urges to eat snacks when you wake up at night?
   0  1  2  3  4
   Not at all  A little  Somewhat  Very much so  Extremely so

11. Do you need to eat in order to get back to sleep when you awake at night?
   0  1  2  3  4
   Not at all  A little  Somewhat  Very much so  Extremely so

12. When you get up in the middle of the night, how often do you snack?
   0  1  2  3  4
   Never  Sometimes  About half the time  Usually  Always

13. When you snack in the middle of the night, how aware are you of your eating?
   0  1  2  3  4
   Not at all  A little  Somewhat  Very much so  Completely

14. How much control do you have over your eating while you are up at night?
   0  1  2  3  4
   None at all  A little  Some  Very much  Complete

15. How long have your current difficulties with night eating been going on?
   _______ mos.  _______ years

16. Is your night eating upsetting to you?
   0  1  2  3  4
   Not at all  A little  Somewhat  Very much so  Extremely

17. How much has your night eating affected your life?
   0  1  2  3  4
   Not at all  A little  Somewhat  Very much so  Extremely
SCORING KEY FOR THE NIGHT EATING QUESTIONNAIRE (NEQ)

A. Items 1, 4 and 14 are reverse scored. Items 1-12 and 14 are summed.

B. Item 13 is not included in the total score, but is used to rule out the parasomnia, Nocturnal Sleep Related Eating Disorder (NS-RED).

C. Item 15 is not added to the total score, but instead is used as a descriptor of the course of the symptoms.

D. Items 16 and 17 are used to confirm the presence of distress or impairment if NES is present.

A score of 25 or greater is suggestive of night eating syndrome, and a score of 30 and above is a strong indicator of NES, but we suggest that the answers are reviewed with the patient in an interview before a firm diagnosis is made. For example, many patients with night eating symptoms over-estimate their intake at night. Also, if patients are depressed in the late evening and have trouble falling asleep, but only minimal night eating, this could inflate their scores.