# The Reward Based Eating Drive (RED) Scale

**DIRECTIONS:** Please read every question and indicate how much you agree or disagree.

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Neither Agree nor Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>

1. I feel out of control in the presence of delicious food  
2. When I start eating, I just can’t seem to stop  
3. It is difficult for me to leave food on my plate  
4. When it comes to foods I love, I have no willpower  
5. I get so hungry that my stomach often seems like a bottomless pit  
6. I don’t get full easily  
7. It seems like most of my waking hours are preoccupied by thoughts about eating or not eating  
8. I have days when I can’t seem to think about anything else but food  
9. Food is always on my mind  
10. I feel hungry all the time  
11. I can’t stop thinking about eating no matter how hard I try  
12. I find myself continuing to consume certain foods even though I am no longer hungry  
13. If food tastes good to me, I eat more than usual

*denotes equal contributions
The Reward Based Eating Drive (RED) Scale

- Sum items to generate a total score