


# Three-Factor Eating Questionnaire (TFEQ-51)

The TFEQ-51 is a 51-item self-report questionnaire designed to explore three major dimensions of eating behavior: cognitive restraint, disinhibition and susceptibility to hunger. It is widely used in the psychology of eating, in obesity clinics and in research to better understand eating control, episodes of loss of control and reactivity to internal or external hunger cues. The tool helps objectively identify eating profiles that are useful in psychological assessment, therapeutic follow-up and weight management programs, without constituting on its own a diagnostic instrument for eating disorders.

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| Number of questions | 51 questions |
| Estimated duration | 15 minutes |
| Language | English |
| Original name | Three-Factor Eating Questionnaire |
| Target audience | Adults |
| Authors | Albert J. Stunkard, Samuel Messick (1985) |
| Category | Eating disorders |

## Preview of the 51 questions

When I smell a sizzling steak or see a juicy piece of meat, I find it very difficult to keep from eating, even if I have just finished a meal.

True False

I usually eat too much at social occasions, like parties and picnics.

True False

I am usually so hungry that I eat more than three times a day.

True False

When I have eaten my quota of calories, I am usually good about not eating any more.

True False

Dieting is so hard for me because I just get too hungry.

True False

### Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

## Scoring & interpretation

Scoring follows the official key of the questionnaire. The responses are recoded item by item according to the expected clinical direction, then summed into three distinct scores: cognitive restraint (21 items), disinhibition (16 items) and hunger/susceptibility to hunger (14 items). Higher scores indicate, respectively, greater cognitive control of eating, a greater tendency to eat in response to emotional or situational triggers, and a stronger subjective susceptibility to hunger. Interpretation is based on the dimensional profile, taking into account the clinical context; there is no universal diagnostic cutoff.


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Laura V. - Online Psychologist