

TESQ-E: Tempest Self-regulation Questionnaire for Eating

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TESQ-E Final questionnaire, UK version

[Avoidance of temptations]

1. If I am in town, I make sure that I don't go by fast-food places
2. If I pass a bakery, I avoid looking at the display in the window
3. If I go to the supermarket, I avoid the aisle with sweets and chocolates
4. If I am bored, I stay away from the kitchen

[Controlling temptations]

5. If I want to have a treat, I take a little bit and put the rest out of sight
6. If I am watching TV, I make sure that the crisps are out of reach
7. If I am behind the PC, I make sure there is some healthy food within reach
8. If I want to eat sweets, I take a few and put the rest of the bag away

[Distraction]

9. If I feel tempted to buy sweets, I distract myself
10. If I feel like eating something, I call a friend instead
11. If I am getting hungry before dinner, I try to keep myself busy
12. If I have the urge to eat sweets, I find something else to do

[Suppression]

13. If I pass a bakery, I ignore the smells of tasty foods
14. If I want to eat unhealthy things, I just tell myself "no!"
15. I use willpower to stay away from unhealthy snacks
16. If I go to a party with lots of snacks, I ignore the food

[Setting Goals and Rules]

17. I plan to bring a piece of fruit to school

18. I have an agreement with myself about how many sweets I can have per day

19. If I want to eat a snack, I take a piece of fruit first

20. I set goals to eat healthily for myself

[Goal deliberation]

21. If I want to have a snack, I try to realize that snacks are bad for your health

22. If I think I may be overeating, I think of how this may compromise exercising

23. If I want to take a snack, I remember that I want to stay looking good

24. If I feel like eating something unhealthy, I think about whether I really want it

Answering options: 1 = never, 2 = rarely, 3 = sometimes, 4 = regularly, 5 = always