

**Scoring for the 26 item Food Preoccupation Questionnaire
(Tapper & Pothos, 2010)**

Item	Subscale
1 I spend a lot of time thinking about food	Frequency
2 Planning meals can be quite stressful	Negative
3 I often find myself thinking about food	Frequency
4 My thoughts about food don't tend to me particularly pleasant or unpleasant	Neutral
5 I really enjoy myself thinking about food	Positive
6 I can get quite stressed if I start to think about food	Negative
7 I often struggle with thoughts about food	Negative
8 I like thinking about my favourite food	Positive
9 When I think about food it's not usually linked to any particular emotion	Neutral
10 I often look forward to my next meal	Positive
11 I hate being distracted with thoughts about food	Negative
12 I don't particularly enjoy or dislike thinking about food	Neutral
13 I worry I spend too much time thinking about food	Negative
14 I love thinking about food	Positive
15 Thinking about food can put me in a bad mood	Negative
16 Sometimes I think about food just for the fun of it	Positive
17 I don't think about food all that much	Frequency*
18 Deciding what to eat can be quite stressful	Negative
19 I can get really excited thinking about food	Positive
20 I don't pay much attention to thoughts about food	Neutral
21 Thinking about food can put me in a good mood	Positive
22 I hate thinking about food	Negative
23 Thinking about food doesn't really excite or depress me	Neutral
24 I enjoy deciding what to eat in a restaurant	Positive
25 Thinking about food can make me quite miserable	Negative
26 I enjoy planning what I'm going to eat	Positive

* This item is reverse scored

Frequency of thoughts about food

Compute the mean for items 1, 3 and 17 (remembering to first reverse score item 17)

Extent to which thoughts have a positive emotional valence

Compute the mean for items 5, 8, 10, 14, 16, 19, 21, 24 and 26

Extent to which thoughts have a negative emotional valence

Compute the mean for items 2, 6, 7, 11, 13, 15, 18, 22 and 25

Extent to which thoughts have a neutral emotional valence

Compute the mean for items 4, 9, 12, 20 and 23