

Intuitive Eating Assessment Scale-2

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Section 3. Reliance on Internal Hunger/Satiety Cues (Trust)	
Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
1. I trust my body to tell me <i>when</i> to eat.	
<input type="checkbox"/>	<input type="checkbox"/>
2. I trust my body to tell me <i>what</i> to eat.	
<input type="checkbox"/>	<input type="checkbox"/>
3. I trust my body to tell me <i>how much</i> to eat.	
<input type="checkbox"/>	<input type="checkbox"/>
4. I rely on my hunger signals to tell me when to eat.	
<input type="checkbox"/>	<input type="checkbox"/>
5. I rely on my fullness (satiety) signals to tell me when to stop eating.	
<input type="checkbox"/>	<input type="checkbox"/>
6. I trust my body when to stop eating.	
Section 4. Body-Food Choice Congruence	
Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
1. Most of the time, I desire to eat nutritious foods.	
<input type="checkbox"/>	<input type="checkbox"/>
2. I mostly eat foods that make my body perform efficiently (well).	
<input type="checkbox"/>	<input type="checkbox"/>
3. I mostly eat foods that give my body energy and stamina.	

Scoring

- Sections 1-2: Each “yes” statement indicates an area that likely needs some work.
- Section 3-4: Each “no” statement indicates an area that likely need some work.

Source

[1]. Tylka, Tracy L. (2006). Development and psychometric evaluation of a measure of intuitive eating. *Journal of Counseling Psychology* 53(2), Apr:226---240.

[2] Tylka, T.L. (2013). A psychometric evaluation of the Intuitive Eating Scale with college men. *Journal of Counseling Psychology*, Jan;60(1):137-53.

[3] Tribole E. & Resch E. (2012). *Intuitive Eating* (3rd ed). St.Martin’s Press, NY:NY.