



Pudel, 1972). However, more recent studies comparing

assessed in behaviour tests, or which emerged from the parental interviews.

A large initial pool of items for each construct was progressively culled following analysis of data from two samples of parents to produce an internally consistent set of scales for assessing eight aspects of eating style. The final questionnaire was administered to a third sample of parents, and the theoretically derived scale structure was confirmed by including all the items in a principal components analysis. The scale was also readministered to the same group of parents after a 2-week delay to assess the test-retest reliability of the scales. Finally,

**Table 1**

*Factor Structure and Internal Reliability (Cronbach's Alpha) from Sample 2 (N=177) and Sample 3 (N=222)*

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Table 2

*Factor Loadings on Varimax Rotated Solution of Principal Components Analysis with All Items Included in Sample 3*

Scale name and items	Loading	Scale name and items	Loading
Satiety responsiveness}Slowness in eating <sup>a</sup> (Factor 1; 28% variance)		Enjoyment of food (Factor 4; 7% variance)	
My child gets full up easily	.71	My child enjoys eating	.68
My child has a big appetite	.57	My child loves food	.64
My child leaves food on his}her plate at the end of a meal	.66	My child is interested in food	.57
My child gets full before his}her meal is finished	.72	My child looks forward to mealtimes	.62
My child cannot eat a meal if s}he has had a snack just before	.59	Desire to drink (Factor 5; 5% variance)	
My child eats slowly	.78	If given the chance, my child would always be having a drink	.89
My child takes more than 30 minutes to finish a meal	.71	If given the chance, my child would drink continuously throughout the day	.90
My child finishes his}her meal very quickly	.72	My child is always asking for a drink	.88
My child eats more and more slowly during the course of a meal	.77	Emotional undereating (Factor 6; 4% variance)	
Fussiness (Factor 2; 13% variance)		My child eats less when s}he is upset	.84
My child enjoys tasting new foods	.88	My child eats less when s}he is angry	.73
My child enjoys a wide variety of foods	.74	My child eats less when s}he is tired	.60
My child is interested in tasting food s}he hasn't tasted before	.84	My child eats more when s}he is happy	.70
My child refuses new foods at first	.85	Emotional overeating (Factor 7; 3% variance)	
My child decides that s}he doesn't like food,	.82	My child eats more when anxious	.85
		My child eats more when annoyed	.71
		My child eats more when worried	.79
		My child eats more when s}he has nothing else to do	.28 <sup>b</sup>

Table 4

*Correlations between the CEBQ Subscales: Values Below the Diagonal Come from Sample 2 and Those Above the Diagonal Are from Sample 3*

CEBQ scales	1 (FR)	2 (EF)	3 (EO)	4 (DD)	5 (SR)	6 (SE)	7 (EU)	8 (FU)
1. Food responsiveness (FR)	—	-44**	-49**	-31**	fi-37**	fi-23**	fi-05	fi-07
2. Enjoyment of food (EF)	-55**	—	-16*	fi-05	fi-70**	fi-59**	fi-26**	fi-53**
3. Emotional overeating (EO)	-23**	-03	—	-14*	fi-12	fi-10	-21**	fi-05
4. Desire to drink (DD)	-27**	fi-03	-15	—	-10	-13	-09	-14*
5. Satiety responsiveness (SR)	fi-44**	fi-61**	fi-06	-08	—	-67**	-37**	-39**
6. Slowness in eating (SE)	fi-30**	fi-47**	fi-15	-10	-52**	—	-28**	-23**
7. Emotional undereating (EU)	-00	fi-14	-26**	-11	-26**	-13	—	-13*
8. Fussiness (FU)	fi-26**	fi-61**	fi-04	-07	-44**	-26**	-09	—

\* $p! < .01$ ; \*\*  $p! < .001$ .

Table 5

*Means (SD) of CEBQ Subscale Scores by Gender and Age-group from Samples 2 and 3 (Nfi 400)*

	Gender		Age group
	Girls (Nfi 181)	Boys (Nfi 215)	Up to 3 years

reflect genuine developmental shifts in eating style or an interaction with changes in parental control over food, whereby children have more chance to choose what they eat as they get older. Again, a systematic investigation of

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