

Salzburg Emotional Eating Scale (SEES)

	I eat much less than usual	I eat less than usual	I eat just as much as usual	I eat more than usual	I eat much more than usual
	1	2	3	4	5
1. When I feel optimistic , ...	0	0	0	0	0
2. When I am happy , ...	0	0	0	0	0
3. When I am cheerful , ...	0	0	0	0	0
4. When I am proud , ...	0	0	0	0	0
5. When I feel confident , ...	0	0	0	0	0
6. When I feel lonely , ...	0	0	0	0	0
7. When I am depressed , ...	0	0	0	0	0
8. When I am sad , ...	0	0	0	0	0
9. When I am bored , ...	0	0	0	0	0
10. When I am frustrated , ...	0	0	0	0	0
11. When I am furious , ...	0	0	0	0	0
12. When I am angry , ...	0	0	0	0	0
13. When I am irritated , ...	0	0	0	0	0
14. When I am upset , ...	0	0	0	0	0
15. When I am jealous , ...	0	0	0	0	0
16. When I am tense , ...	0	0	0	0	0
17. When I am anxious , ...	0	0	0	0	0
18. When I am worried , ...	0	0	0	0	0
19. When I am nervous , ...	0	0	0	0	0
20. When I feel uneasy , ...	0	0	0	0	0