Caregiver Eating Messages Scale

*Directions for participants:* Please indicate the degree to which your parents/caregivers emphasized the following behaviors while you were growing up.

1. **Told you to eat all the food on your plate.**

1 2 3 4 5 6

Never Rarely Sometimes Often Usually Always

1. **Made sure you finished all the food that was on your plate.**

1 2 3 4 5 6

Never Rarely Sometimes Often Usually Always

1. **Made you eat at times you weren’t hungry.**

1 2 3 4 5 6

Never Rarely Sometimes Often Usually Always

1. **Told you to eat all your vegetables after you told them that you didn’t want to eat any more.**

1 2 3 4 5 6

Never Rarely Sometimes Often Usually Always

1. **Looked at you with raised eyebrows at how much you were eating, making you feel that you were eating too much.**

1 2 3 4 5 6

Never Rarely Sometimes Often Usually Always

1. **Commented that you were eating too much.**

1 2 3 4 5 6

Never Rarely Sometimes Often Usually Always

1. **Made fun of you (or scolded you) for eating too much.**

1 2 3 4 5 6

Never Rarely Sometimes Often Usually Always

1. **Told you that you shouldn’t eat certain foods because they will “make you fat.”**

1 2 3 4 5 6

Never Rarely Sometimes Often Usually Always

1. **Made you eat despite the fact that you were full.**

1 2 3 4 5 6

Never Rarely Sometimes Often Usually Always

1. **Talked about dieting or restricting certain high calorie foods.**
2. 2 3 4 5 6

Never Rarely Sometimes Often Usually Always

*Scoring for PEM -* Average items 1, 2, 3, 4, and 9; *Scoring for RCM* - Average items 5, 6, 7, 8, and 10.