Protocol for the Use of the ecSatter Inventory 2.0

Thank you for your interest in the copyrighted ecSatter Inventory (ecSI 2.0). ecSI 2.0 is identical with the ecSatter Inventory Low Income, which has now been validated for use with a general audience. (Lohse, 2015) Specifically, ecSI 2.0 is validated for use in a mixed population of English-speaking women and men of mixed socio-economic status in the United States age 18 years and above. (J.S. Krall, Lohse, & Satter, 2010; Lohse, Satter, Horacek, Gebreselassie, & Oakland, 2007) ecSI 2.0 is theoretically (E. M. Satter, 2007a) and practically (J. S. Krall & Lohse, 2010; E. Satter, 2007; E. M. Satter, 2007b) defined, and is tested by a validated instrument. Testing indicates that high scorers show superior biological health indicators (Lohse et al., 2010; Psota, Lohse, & West, 2007), the same or lower BMIs. (J.S. Krall et al., 2010) sleep better, (Quick et al., 2013) are more active, (Greene et al., 2011) and eat a more healthful diet. (Lohse, Bailey, Krall, Wall, & Mitchell, 2012; Lohse et al., 2010)

ecSI 2.0 is available by permission from Dr. Barbara Lohse after an application process. Usage is available to research projects that contribute toward developing and examining the instrument and furthering the study of the eating competence construct. ecSI 2.0 tests the degree to which the individual’s eating attitudes and behaviors conform to the principles of the Satter Eating Competence Model (ecSatter). (E. M. Satter, 2007a) To gain permission to use ecSI, the research design must test the intervention in a manner that neither conjures false support nor encourages unfounded dismissal of ecSatter.

Possible projects include:

• Surveying eating competence in particular populations and/or validating ecSI 2.0 with specific populations, such as Spanish-speaking populations, disabled people or people with chronic diseases such as diabetes.
• Large-group surveys that correlate ecSI 2.0 scores with other parameters such as BMI, as illustrated in the original validation studies, or with metabolic parameters, nutritional status, etc.
• Using ecSI 2.0 to measure the impact of a clearly defined education model or clinical intervention.

Gaining permission for each intended usage requires completing an application for usage, stating why you want to use ecSI 2.0, indicating your intention to apply for human subjects approval (and notification of approval by the human subjects review committee when you receive it), agreeing to submit an outcomes report, and agreeing to keep us abreast of your publications and presentations (see point 4, below). Your application and information, which will be kept confidential, will allow us to include you in an experience and evaluation network.

Your application for ecSI 2.0 usage will be reviewed and, if approved, you will be sent the usage guidelines.
In summary, here is the process for gaining permission for use of the ecSI 2.0.

1) For each intended use of ecSI 2.0, complete an application and submit it for approval to Dr. Barbara Lohse at this email address: lohse.ba@gmail.com
2) Upon approval of your application you may utilize ecSI 2.0 in your research trial.
3) After you finish your project, complete the outcomes report and submit to Dr. Barbara Lohse: lohse.ba@gmail.com. Outcomes report data will be kept confidential.
4) We will also appreciate your sharing with ESI and with Dr. Barbara Lohse a summary of any formal or informal publications or presentations that you have made based on this material. Actual publications and Power Points are useful, but a summary of what and where you published or presented will suffice.

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References

Health-Related Behaviors Among Young Adult College Students. *Am J Health Promot.* doi:10.4278/ajhp.130327-QUAN-130

