

ecSI – 2

Below are statements about your eating. Think about each one, then choose the best response for you.

A = Always O = Often S = Sometimes R = Rarely N = Never

	A	O	S	R	N
1. I am relaxed about eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am comfortable about eating enough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have regular meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel it is okay to eat food that I like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I experiment with new food and learn to like it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. If the situation demands, I can “make do” by eating food I don’t much care for.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I eat a wide variety of foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I am comfortable with my enjoyment of food and eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I trust myself to eat enough for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I eat as much as I am hungry for.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I tune in to food and pay attention to eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I make time to eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I eat until I feel satisfied.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I enjoy food and eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I consider what is good for me when I eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I plan for feeding myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring and Interpretation of the ecSatter Inventory – 2 (ecSI – 2)

Factor descriptions

Eating attitude: Is positive about eating and about food.

Food acceptance skills: Is comfortable with preferred foods and has skills for learning to like unfamiliar foods

Internal regulation skills: Depends on internal regulators of hunger and appetite as well as feelings of fullness and satisfaction to determine how much to eat.

Contextual skills: Makes meals a priority and has skills and resources for managing food.

Items arranged by factors

Eating attitude

1. I am relaxed about eating.
2. I am comfortable about eating enough.
4. I feel it is okay to eat food that I like
8. I am comfortable with my enjoyment of food and eating.
14. I enjoy food and eating.

Food acceptance

5. I experiment with new food and learn to like it.
6. If the situation demands, I can “make do” by eating food I don't much care for.
7. I eat a wide variety of foods.

Food regulation

9. I trust myself to eat enough for me.
10. I eat as much as I am hungry for.
13. I eat until I feel satisfied

Contextual skills

3. I have regular meals.
11. I tune in to food and pay attention to eating.
12. I make time to eat.
15. I consider what is good for me when I eat.
16. I plan for feeding myself.

Factor analysis and scoring

All items are scored on a Likert scale and assigned values as following:

Always=3; Often =2; Sometimes=1, Rarely=0; Never=0.

Total the scores for each subsection and total the scores overall for the entire test.

Interpretation of scores

- Eating competence: 1 to 48. Cutoff is 32 and above.
- Eating Attitudes: 1 to 15 No cutoff assigned.
- Contextual Skills: 1 to 15 No cutoff assigned.
- Food Acceptance: 1 to 9 No cutoff assigned.
- Food Regulation: 1 to 9 No cutoff assigned.

While cutoffs have not been established for each of the subscales, you can draw general impressions. For clinical identification of Eating Competence problem areas, consider scores that are disproportionately low in each of the subscales to identify particular problems in that area.