

Food Noise Questionnaire (FNQ)

In this questionnaire, you will answer questions about food thoughts. Please answer these questions by reflecting on your thoughts over the last two weeks only.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
1. I find myself constantly thinking about food throughout the day.	☐	☐	☐	☐	☐
2. My thoughts about food feel uncontrollable.	☐	☐	☐	☐	☐
3. I spend too much time thinking about food.	☐	☐	☐	☐	☐
4. My thoughts about food have negative effects on me and/or my life.	☐	☐	☐	☐	☐
5. My thoughts about food distract me from what I need to do.	☐	☐	☐	☐	☐

The Food Noise Questionnaire (FNQ; Diktas et al., 2025) is free for clinicians and researchers to use. A citation is required in all publications involving the Food Noise Questionnaire (FNQ). To ensure appropriateness, any translations should be discussed with the authors and permission obtained. The citation for the FNQ follows.

Diktas, H.E., Cardel, M.I., Foster, G.D., LeBlanc, M.M, Dickinson, L.S, Ables, E.M., Chen, X., Nathan, R., Shapiro D., Martin C.K. (2025) Development and validation of the Food Noise Questionnaire (FNQ). *Obesity*, 33(2), 289-297.
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