

**Table S1.** The final 5-item version and scoring guide of the Food Noise Questionnaire

### 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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My thoughts about food feel uncontrollable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I spend too much time thinking about food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My thoughts about food have negative effects on me and/or my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My thoughts about food distract me from what I need to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## **FNQ Scoring Guide**

- All items are scored from 0-4.
  - Strongly disagree=0
  - Disagree=1
  - Neither agree nor disagree=2
  - Agree=3
  - Strongly agree=4
- A single total score for the questionnaire is calculated by summing responses for the five items, and higher total scores indicate greater levels of food noise.

© 2024 - 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. <https://doi.org/10.1002/oby.24216> PMID: 39828656 PMCID: [PMC11774004](https://pubmed.ncbi.nlm.nih.gov/PMC11774004/)