

*Monica Divine*  
**Emotional Eating Profile**



Mandurah  
Nutrition and Dietetics  
NUTRITION SOLUTIONS



**HOW A  
DIETITIAN  
CAN CHANGE LIFE?**

**YOUR POSITIVE & NEGATIVE  
EMOTIONAL EATING  
PROFILE**

“

*Fall in love*

WITH YOUR FOOD  
CHOICES WITHOUT  
DIETING

AND HELP THEM  
FALL IN LOVE  
WITH THEMSELVES  
THROUGH FOOD

FOOD IS MEDICINE

MONICA X

## YOUR POSITIVE & NEGATIVE EMOTIONAL EATING PROFILE BASED ON THE EVIDENCE-BASED POSITIVE AND NEGATIVE EATING HABITS

Positive affect refers to the propensity to experience positive emotions and interact with others positively, even through the challenges of life with your food choices and weight issues.

Negative affect, on the other hand, involves experiencing the relationship with food and drink in a more negative way.

The Positive and Negative emotional eating is a questionnaire that consists of two sub-scales to measure positive and negative affect, assessing how a respondent generally feels.

It captures affective experiences of the respondent from week-to-week as they engage in everyday life, as they are asked to indicate the extent they have felt a certain way “over the past week”. Each item is a single-word affect, e.g. “Excited”, “Guilty”.

This questionnaire will provide you with insight to your propensity to experience both affects separately.

This might also occur if you tend to feel negative emotions and act more negatively within your eating relationships or your surroundings.

While these two states are on opposite ends of the spectrum, both states affect our lives, eating habits/ behaviour and how we live.



	Indicate the extent you have felt this way over the past week	Slightly or not at all	A little	Moderately	Quite a bit	Extremely
PANAS 01	Interested	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 02	Distressed	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 03	Excited	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 04	Upset	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 05	Strong	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 06	Guilty	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 07	Scared	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 08	Hostile	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 09	Enthusiastic	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 10	Proud	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 11	Irritable	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 12	Alert	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 13	Ashamed	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 14	Inspired	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 15	Nervous	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 16	Determined	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 17	Attentive	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 18	Jittery	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 19	Active	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
PANAS 20	Afraid	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

## Scoring

The Positive and Negative Affect subscales each have 5 questions with a scoring range of 1-5, where each scale is scored out of 50.

POSITIVE AFFECT SCORE		NEGATIVE AFFECT SCORE	
QUESTION	SCORE	QUESTION	SCORE
PANAS 01		PANAS 02	
PANAS 03		PANAS 04	
PANAS 05		PANAS 06	
PANAS 09		PANAS 07	
PANAS 10		PANAS 08	
PANAS 12		PANAS 11	
PANAS 14		PANAS 13	
PANAS 16		PANAS 15	
PANAS 17		PANAS 18	
PANAS 19		PANAS 20	
<b>TOTAL</b>		<b>TOTAL</b>	

## Scoring System

LOW SCORE	MEDIUM SCORE	HIGH SCORE
10 - 22	23 - 37	38 - 50

## POSITIVE AFFECT

### Low Scoring Range

If you scored between 10 and 22, this indicates that you scored on the lower range for positive affectivity. This suggests that you may have a lower propensity to experience positive emotions (e.g. joy, contentment), expressions and may experience less positive interactions with others. With this insight, you can reflect on what induces positivity in your life, and consciously work towards introducing more positive experiences in your daily life. A coach can effectively guide you through any potential limiting factors on experiencing such emotions that is leading you to emotional eating/drinking.

### Medium Scoring Range

If you scored between 23 and 37, this indicates that you scored on the medium range for positive affectivity. This suggests that you may have an average propensity to experience positive emotions (e.g. joy, contentment), expressions and less positive interactions with others. With this insight, you can reflect on what induces positivity in your life, and work towards increasing this. At this level, a coach can effectively guide you to identify any potential limiting factors that may hold you back from the highest scoring range in terms of positive affectivity.

### High Scoring Range

If you scored between 38 and 50, this indicates that you scored in the higher range for positive affectivity. This suggests that you may have high propensity to experience positive emotions (e.g. joy, contentment, enjoy healthy eating), expressions and positive interactions with others. With this insight, you may reflect on what induces positivity in your life and explore the why's behind this. Discuss and acknowledge this as a strength you possess with your coach, considering how you may serve others with it.

**No need to get overwhelmed about what to do with all the results of this tool  
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20-min coaching session and gain clarity on what are the next steps to take  
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## **NEGATIVE AFFECT**

### **Low Scoring Range**

If you scored between 10 and 22, this indicates that you scored within the lower range for negative affectivity. This suggests that you may have reduced propensity to experience negative emotions (e.g. anger, fear, sadness), expressions and experience the world in a less negative way. With this insight, you can consciously reflect upon the functional ways you deal with negative emotions. Discuss and acknowledge this as a strength you possess with your coach, considering how you may serve others with it.

### **Medium Scoring Range**

If you scored between 23 and 37, this indicates that you scored on the medium range for negative affectivity. This suggests that you may have an average propensity to experience negative emotions (e.g. anger, fear, sadness), expressions and experience the world in a slightly negative way. With this insight, you can reflect on what may induce negativity in your life and hold you back from scoring on the lowest range of negative affectivity. Work towards tackling these with a coach, which may include challenging thought or behaviour patterns.

## High Scoring Range

If you scored between 38 and 50, this indicates that you scored in the higher range for negative affectivity. This suggests that you may have high propensity to experience negative emotions (e.g. anger, fear, sadness), expressions and experience the world in a negative way. With this insight, reflect on what induces negativity in your life, consciously reflecting upon how you react. A coach can effectively guide you through gaining awareness of limiting patterns of behaviours and emotions, and generate action steps for breaking out of them, ultimately improving your quality of life.

Reference: Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: the PANAS scales. *Journal of personality and social psychology*, 54(6), 1063.

# *Your Next Step:*

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