**Eating behaviour, physical activity, TV exposure and sleeping habits in five year olds: a latent class analysis**

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**Child Eating Behaviour Questionnaire (CEBQ)**

Please read the following statements and tick the boxes most appropriate to your child’s eating behaviour.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Never | Rarely | Some-times | Often | Always |  |
| My child loves food | □ | □ | □ | □ | □ | EF |
| My child eats more when worried | □ | □ | □ | □ | □ | EOE |
| My child has a big appetite | □ | □ | □ | □ | □ | SR\* |
| My child finishes his/her meal quickly | □ | □ | □ | □ | □ | SE\* |
| My child is interested in food | □ | □ | □ | □ | □ | EF |
| My child is always asking for a drink | □ | □ | □ | □ | □ | DD |
| My child refuses new foods at first | □ | □ | □ | □ | □ | FF |
| My child eats slowly | □ | □ | □ | □ | □ | SE |
| My child eats less when angry | □ | □ | □ | □ | □ | EUE |
| My child enjoys tasting new foods | □ | □ | □ | □ | □ | FF\* |
| My child eats less when s/he is tired | □ | □ | □ | □ | □ | EUE |
| My child is always asking for food | □ | □ | □ | □ | □ | FR |
| My child eats more when annoyed | □ | □ | □ | □ | □ | EOE |
| If allowed to, my child would eat too much | □ | □ | □ | □ | □ | FR |
| My child eats more when anxious | □ | □ | □ | □ | □ | EOE |
| My child enjoys a wide variety of foods | □ | □ | □ | □ | □ | FF\* |
| My child leaves food on his/her plate at the end of a meal | □ | □ | □ | □ | □ | SR |
| My child takes more than 30 minutes to finish a meal | □ | □ | □ | □ | □ | SE |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Never | Rarely | Some-times | Often | Always |  |
| Given the choice, my child would eat most of the time | □ | □ | □ | □ | □ | FR |
| My child looks forward to mealtimes | □ | □ | □ | □ | □ | EF |
| My child gets full before his/her meal is finished | □ | □ | □ | □ | □ | SR |
| My child enjoys eating | □ | □ | □ | □ | □ | EF |
| My child eats more when she is happy | □ | □ | □ | □ | □ | EUE |
| My child is difficult to please with meals | □ | □ | □ | □ | □ | FF |
| My child eats less when upset | □ | □ | □ | □ | □ | EUE |
| My child gets full up easily | □ | □ | □ | □ | □ | SR |
| My child eats more when s/he has nothing else to do | □ | □ | □ | □ | □ | EOE |
| Even if my child is full up s/he finds room to eat his/her favourite food | □ | □ | □ | □ | □ | FR |
| If given the chance, my child would drink continuously throughout the day | □ | □ | □ | □ | □ | DD |
| My child cannot eat a meal if s/he has had a snack just before | □ | □ | □ | □ | □ | SR |
| If given the chance, my child would always be having a drink | □ | □ | □ | □ | □ | DD |
| My child is interested in tasting food s/he hasn’t tasted before | □ | □ | □ | □ | □ | FF\* |
| My child decides that s/he doesn’t like a food, even without tasting it | □ | □ | □ | □ | □ | FF |
| If given the chance, my child would always have food in his/her mouth | □ | □ | □ | □ | □ | FR |
| My child eats more and more slowly during the course of a meal | □ | □ | □ | □ | □ | SE |

**SCORING OF THE CEBQ**

**(Never=1, Rarely=2, Sometimes=3, Often=4, Always=5)**

Food responsiveness = item mean FR

Emotional over-eating = item mean EOE

Enjoyment of food = item mean EF

Desire to drink = item mean DD

Satiety responsiveness = item mean SR

Slowness in eating = item mean SE

Emotional under-eating = item mean EUE

Food fussiness = item mean FF

\*Reversed items

Wardle, J, Guthrie CA, Sanderson, S and Rapoport, L. Development of the Children’s Eating Behaviour Questionnaire. *Journal of Child Psychology and Psychiatry.* **42,** 2001, 963-970.