

# **The Child Feeding Questionnaire (CFQ)**

**An Instrument for Assessing  
Parental Control in Child Feeding**

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**INSTRUCTIONS:**

Using the scale below, please circle one number for each question which best corresponds to your answer. **Please answer about your child who is in our study.**

	never	seldom	half of time	most of time	always
1. When your child is at home, how often are you responsible for feeding her?	1	2	3	4	5
2. How often are you responsible for deciding what your child's portion sizes are?	1	2	3	4	5
3. How often are you responsible for deciding if your child has eaten the right kind of foods?	1	2	3	4	5

Using the scale below, please indicate how you would classify **your own weight** at **each of these 4 time periods** listed below (Please circle ONLY ONE number for each time period)

	markedly underweight	underweight	average	overweight	markedly overweight
4. Your Childhood (5 to 10 years old)	1	2	3	4	5
5. Your Adolescence	1	2	3	4	5
6. Your 20's	1	2	3	4	5
7. Currently	1	2	3	4	5

Using the scale below, please indicate how you would classify  
**your child's weight at each of these 4 time periods** listed below.  
 (Please circle ONLY ONE number for each time period)

	markedly underweight	underweight	average	overweight	markedly overweight
8. Your child during the first year of life	1	2	3	4	5
9. Your child as a toddler	1	2	3	4	5
10. Your child as a pre-schooler	1	2	3	4	5
11. Your child kindergarten through 2 <sup>nd</sup> grade	1	2	3	4	5
12. Your child from 3 <sup>rd</sup> through 5 <sup>th</sup> grade	1	2	3	4	5
13. Your child from 6 <sup>th</sup> through 8 <sup>th</sup> grade	1	2	3	4	5

Using the scale below, please circle one number for each question which best corresponds to  
 your answer. **Please answer about your child who is in our study.**

	unconcerned	slightly unconcerned	neutral	slightly concerned	concerned
14. How concerned are you about your child <i>eating too much</i> when you are not around her?	1	2	3	4	5
15. How concerned are you about your child having to diet to maintain a desirable weight?	1	2	3	4	5
16. How concerned are you about your child becoming over weight?	1	2	3	4	5

**INSTRUCTIONS:**

Using the scale below, please circle one number for each question which best corresponds to your answer. **Please answer about your child who is in our study.**

	disagree	slightly disagree	neutral	slightly agree	agree
17. I have to be sure that my child does not eat too many <i>sweets (candy, ice cream, cake or pastries)</i> .	1	2	3	4	5
18. I have to be sure that my child does not eat too many <i>high fat foods</i> .	1	2	3	4	5
19. I have to be sure that my child does not eat too much of her <i>favorite foods</i> .	1	2	3	4	5
20. I intentionally keep some foods out of my child's reach.	1	2	3	4	5
21. I offer <i>sweets (candy, ice cream, cake, pastries)</i> to my child as a reward for good behavior.	1	2	3	4	5
22. I offer my child her <i>favorite foods</i> in exchange for good behavior.	1	2	3	4	5
23. If I did not guide or regulate my child's eating, she would eat too many <i>junk foods</i> .	1	2	3	4	5
24. If I did not guide or regulate my child's eating, she would eat too much of her <i>favorite foods</i> .	1	2	3	4	5
25. My child should always eat all of the food on her plate.	1	2	3	4	5
26. I have to be especially careful to make sure my child eats enough.	1	2	3	4	5
27. If my child says "I'm not hungry," I try to get her to eat anyway.	1	2	3	4	5
28. If I did not guide or regulate my child's eating, she would eat much less than she should.	1	2	3	4	5

**INSTRUCTIONS:**

Using the scale below, please circle one number for each question which best corresponds to your answer. **Please answer about your child who is in our study.**

	never	rarely	sometimes	mostly	always
29. How much do you keep track of the <i>sweets (candy, ice cream cake, pies, pastries)</i> that your child eats?	1	2	3	4	5
30. How much do you keep track of the <i>snack food (potato chips, Doritos, cheese puffs)</i> that your child eats?	1	2	3	4	5
31. How much do you keep track of the <i>high fat foods</i> that your child eats?	1	2	3	4	5