(10) Parental Feeding Style Questionnaire: Instrumental Feeding Scale

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|  | Please read the following statements and tick the appropriate boxes to show how you deal with feeding your child. It is important to remember that there are no right or wrong answers to these questions, we are interested in what parents really feel and do. | Never | Rarely | Sometimes | Often | Always |
| 1. | In order to get my child to behave him/herself I promise him/her something to eat. | 1 | 2 | 3 | 4 | 5 |
| 2. | If my child misbehaves I withhold his/her favourite food. | 1 | 2 | 3 | 4 | 5 |
| 3. | I use puddings as a bribe to get my child to eat his/her main course. | 1 | 2 | 3 | 4 | 5 |
| 4. | I reward my child with something to eat when s/he is well behaved. | 1 | 2 | 3 | 4 | 5 |