Appetite Assessment Tool Predicts Weight Loss

APPENDIX B - Simplified nutritional appetite questionnaire (SNAQ)

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<td>Sex:</td>
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<td>Weight:</td>
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**Administration Instructions:** Ask the subject to complete the questionnaire by circling the correct answers and then tally the results based upon the following numerical scale: a 1, b 2, c 3, d 4, e 5. The sum of the scores for the individual items constitutes the SNAQ score. SNAQ score 14 indicates significant risk of at least 5% weight loss within six months.

1. **My appetite is:**
   a. very poor
   b. poor
   c. average
   d. good
   e. very good

2. **When I eat**
   a. I feel full after eating only a few mouthfuls
   b. I feel full after eating about a third of a meal
   c. I feel full after eating over half a meal
   d. I feel full after eating most of the meal
   e. I hardly ever feel full

3. **Food tastes**
   a. very bad
   b. bad
   c. average
   d. good
   e. very good

4. **Normally I eat**
   a. less than one meal a day
   b. one meal a day
   c. two meals a day
   d. three meals a day
   e. more than three meals a day