



S-UNCOPE Screening for Food/Sugar Addiction

U = Unplanned Use: In the past year, have I ever eaten food/sweets, more than I meant to or have I spent more time eating and using sweets than I intended to?

- Yes
- No

N = Neglected: Have I ever neglected some of my usual daily responsibilities because of using sweets and/or overeating?

- Yes
- No

C = Cutdown: Have I felt that I wanted or needed to cut down on eating/sweets in the last year?

- Yes
- No

O = Objected: Has anyone objected to my overeating/eating sweets or, has my family, a friend, or anyone else ever told me they objected to my eating habits?

- Yes
- No

P = Preoccupied: Have I ever found myself being preoccupied with wanting food/ sweets or have I found yourself thinking a lot about sweets/food?

- Yes
- No

E= Emotional discomfort: Have I ever used sweets/food to relieve emotional discomfort, such as fatigue, sadness, anger, tiredness or boredom etc?

- Yes
- No

If you answered **YES to 0-1** questions, **chances are your risk of food addiction is low.**
If you answered **YES to 2-3** questions, **this could indicate a possibility that you are struggling with food addiction. It is worth exploring this further.**