

Protocol for the Use of the ecSatter Inventory 2.0

Thank you for your interest in the copyrighted ecSatter Inventory (ecSI 2.0). Eating competence is theoretically (E. M. Satter, 2007a) and practically (J. S. Krall & Lohse, 2010; E. Satter, 2007; E. M. Satter, 2007b) defined, and is assessed by the ecSI 2.0. ecSI 2.0 is valid for use in a mixed population of English-speaking women and men of mixed socio-economic status in the United States age 18 years and above (J.S. Krall, Lohse, & Satter, 2010; Lohse, Satter, Horacek, Gebreselassie, & Oakland, 2007; Lohse, 2015). Testing indicates that high scorers show superior biological health indicators (Lohse et al., 2010; Psota, Lohse, & West, 2007), the same or lower BMIs, (J.S. Krall et al., 2010) better sleep, (Quick et al., 2013) are more active, (Greene et al., 2011) and eat a more healthful diet (Lohse, Bailey, Krall, Wall, & Mitchell, 2012; Lohse et al., 2010).

Permission to use the ecSI 2.0 requires an application process. Usage is available to research projects that contribute toward developing and examining the instrument and furthering the study of the eating competence construct. ecSI 2.0 tests the degree to which the individual's eating attitudes and behaviors conform to the principles of the Satter Eating Competence Model (ecSatter) (E. M. Satter, 2007a). To gain permission to use ecSI, the research design must test the intervention in a manner that neither conjures false support nor encourages unfounded dismissal of ecSatter.

Possible projects include:

- Surveying eating competence in particular populations and/or validating ecSI 2.0 with specific populations, such as Spanish-speaking populations, disabled people or people with chronic diseases such as diabetes.
- Large-group surveys that correlate ecSI 2.0 scores with other parameters such as BMI, as illustrated in the original validation studies, or with metabolic parameters, nutritional status, etc.
- Using ecSI 2.0 to measure the impact of a *clearly* defined education model or clinical intervention.

Gaining permission *for each intended usage* requires completing an application for that will be kept confidential and will allow us to include you in a community of eating educators and researchers with expertise in eating competence. Upon approval of your application you will receive the usage guidelines.

In summary, here is the process for gaining permission for use of the ecSI 2.0.

- 1) Prior to ecSI 2.0 use, follow the directions [here](#) to complete the online application.
- 2) After your project is completed, prepare a confidential outcomes report and upload and submit to [this submission form](#).
- 3) In addition, we appreciate your sharing any publications or presentations based on your project with the ecSI 2.0 community [by uploading them using this submission form](#).

References

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