

Protocol for the Use of the ecSatter Inventory 2.0TM

Thank you for your interest in the copyrighted ecSatter Inventory (ecSI 2.0TM). Eating competence (EC) is theoretically (Satter EM, 2007) and practically (Krall & Lohse, 2010; Satter EM, 2007a; Satter EM, 2007b) defined. EC is assessed by the ecSI 2.0TM, which is valid for use in a mixed population of English-speaking women and men of mixed socio-economic status in the United States (Krall & Lohse, 2010; Lohse et al., 2007; Lohse, 2015). Testing indicates that high scorers show superior biological health indicators (Lohse et al., 2010; Psota et al., 2007), the same or lower BMIs (Krall et al., 2010) better sleep (Quick et al., 2013), are more active (Greene et al., 2011), and eat a more healthful diet (Lohse et al., 2012; Lohse et al., 2010). In addition, EC parents better model healthful eating behaviors, have greater self-efficacy toward preparing fruits and vegetables and better attitudes toward cooking (Lohse & Cunningham-Sabo, 2012; Lohse & Cunningham-Sabo, 2019). ecSI 2.0TM is available in English, Arabic, Finnish, German, Japanese, and Spanish. For each language, the survey has followed the approved protocol.

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

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

Gaining permission for each intended usage requires completing an application and will allow us to include you in a community of educators and researchers with expertise in EC. Upon application approval, you will receive the usage guidelines.

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

- 1) Review the [application guidelines](#).
- 2) Submit your application, following the link [here](#) or at the bottom of the application guidelines.
- 3) Upon review of this application, respond to any questions and/or comments. Once approved, download and use the survey and scoring information as

- outlined in your proposed project.
- 4) After your project is completed, prepare a confidential outcomes report and upload to [this submission form](#).
 - 5) 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](#).
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