



Sättigungs Messungen - Satiety Scales

Phrases used in magnitude estimation study

Greatest imaginable fullness Neutral

Least imaginable hunger Neither hungry nor full

Bursting No particular feeling

Stuffed Neither sated or unsated

Extremely full No appetite

Very full Semi-hungry

Gorged Unsated

Surfeited Slightly unsatisfied

Moderately full Slightly hungry

Extremely sated Moderately unsatisfied

Very sated Hungry

Extremely satisfied Empty

Very satisfied Moderately hungry

Extremely content Very hungry

Satisfied Very unsatisfied

Slightly full Extremely unsatisfied

Very content Extreme appetite

Moderately sated Extremely hungry

Moderately satisfied Voracious

Moderately content Ravenous

Slightly satisfied Least imaginable fullness

Slightly sated Greatest imaginable Hunger

Slightly content

Semi-satisfied

Neither famished nor gorged

Lit: Cardello – Howard G Schutz..
 Scale of Perceived Satiety / Appetite 44: 1 (2005)