Table 4 Correlation statistics for items on the shortened version of the Food Craving Questionnaire-Trait (FCQ-T-r) in Farsi (n = 153), Tehran, 2019

Item	Mean (SD)	ω	Item loading	α	Total correlation
1. When I crave something, I know I won't be able to stop eating once I start.	2.95 (1.56)	0.947	0.798	0.848	0.737*
2. If I eat what I am craving, I often lose control and eat too much.	2.96 (1.46)	0.948	0.773	0.846	0.844*
3. Food cravings invariably make me think of ways to get what I want to eat.	3.32 (1.44)	0.948	0.700	0.916	0.703*
4. I feel like I have food on my mind all the time.	2.66 (1.52)	0.945	0.801	0.895	0.859*
5. I find myself preoccupied with food.	2.56 (1.55)	0.946	0.737	0.903	0.800*
6. Whenever I have cravings, I find myself making plans to eat.	2.77 (1.47)	0.947	0.706	0.911	0.743*
7. I crave foods when I feel bored, angry, or sad.	2.41 (1.50)	0.951	0.553	0.904	0.507*
8. I have no willpower to resist my food craving.	2.24 (1.42)	0.945	0.722	0.911	0.737*
9. Once I start eating, I have trouble stopping.	2.51 (1.48)	0.946	0.691	0.869	0.722*
10. I can't stop thinking about eating no matter how hard I try.	2.03 (1.42)	0.945	0.769	0.860	0.783*
11. If I give in to a food craving all control is lost.	1.93 (1.30)	0.945	0.836	0.852	0.844*
12. Whenever I have a food craving, I keep on thinking about eating until I actually eat the food.	2.46 (1.53)	0.945	0.785	0.903	0.802*
13. If I am craving something, thoughts of eating it consume me.	1.93 (1.53)	0.949	0.710	0.879	0.664*
14. My emotions often make me want to eat.	2.33 (1.43)	0.946	0.737	0.862	0.770*
15. It is hard for me to resist the temptation to eat appetizing foods that are in my reach.	2.91 (1.55)	0.947	0.676	0.844	0.784*

ω = McDonald's ω if item deleted.
α = Cronbach's α if item deleted
*P < 0.01.