|  |  |
| --- | --- |
| 1. Demographics | |
| 1.1 Age |  |
| 1.2 Sex |  |
| 1.3 Weight (lbs or kgs) |  |
| 1.4 Height (feet or meters) |  |

Avoidant/Restrictive Food Intake Disorder Screening

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Please answer the following statements as quickly and honestly as possible. | Strongly Disagree | Disagree | Agree | Strongly Agree |
| 1. I am a picky eater. |  | | | |
| 1. I have to force myself to eat regular meals throughout the day. |  | | | |
| 1. I eat a variety of food regardless of visual appeal, texture, consistency and consequences. |  | | | |
| 1. There are more foods that I dislike than I enjoy. |  | | | |
| 1. **My friends/family pressure me into diversifying my food choices.** |  | | | |
| 1. I restrict myself to certain foods because I am afraid that other foods will cause discomfort or chocking. |  | | | |
| 1. I dislike most of the foods my peers eat. |  | | | |
| 1. Food/eating does not interest me. |  | | | |
| 1. I am opened to trying new foods. |  | | | |
| 1. I feel tense when I am around novel food. |  | | | |
| 1. **I am dependent on oral nutritional supplements.** |  | | | |
| 1. After I eat, I make myself vomit. |  | | | |
| 1. When I eat, I feel disgusted and have a loss of appetite*.* |  | | | |
| 1. I am afraid of swallowing foods. |  | | | |
| 1. I eat foods based on their texture and/ or consistency rather than their nutritional value. |  | | | |
| 1. I feel guilty after eating a large meal. |  | | | |
| 1. I do not eat novel food because I am afraid of the consequences. |  | | | |
| 1. I do not like to try food with a specific smell, taste, appearance, or a certain consistency. |  | | | |
| 1. I have nutritional deficiencies because I cannot afford healthy food choices. |  | | | |

* Each criterion is worth one weight, strongly disagree (1) to strongly agree (4). This is going to be useful when coding for statistical analysis.
* Yellow are questions that are evaluate other symptoms such as anorexia, bulimia and normal eating patterns. 5
* Red evaluates picky eating. 5
* Blue evaluates appetite. 3
* Green evaluates fear of foods. 4
* **Black** evaluates different social aspects associated to ARFID such as family and friend pressures and nutritional habits. 2

I’ve been looking into the literature, and if any participants state strongly agree to the counter-balance questions (4, 10, 13, 17, 20), they cannot be diagnosed with ARFID.

Since we have 14 questions that check for ARFID, if participants rate “agree or strongly agree” to 9 or more items or have a cumulative score of 27 or higher on the ARFID screening, they show signs of ARFID.

We should also check how are screening questionnaire compares statistically to the validated questionnaire (Factor analysis). Comparing answers is a possibility as well.

Picky eating: it is defined as creating a diet that revolves around removing one’s self from eating novel foods and foods with odd taste, texture, and consistency.

Appetite: lack of interest, steamming from this lack of interest, appetite loss may be due to the lack of appeal towards certain foods.

Fear of eating: consequences.