

## Worksheet 2.2 Interpreting your score on the NIAS and diagnostic criteria

NIAS score	Possible range of scores	Your score or response
Picky eating	0–15 (cut-off 10)	
Lack of appetite	0–15 (cut-off 9)	
Fear	0–15 (cut-off 7)	
Did I score above the cut-off on any of the NIAS scales?	Yes or No	
Diagnostic criteria for ARFID		
Underweight, recent weight loss, stunted growth	Yes or No	
Nutritional deficiency	Yes or No	
Dependence on supplements	Yes or No	
Difficulties in social situations, school, or work	Yes or No	
Did I say “yes” to any of the above diagnostic items?	Yes or No	
What is my score telling me?		