

Worksheet 2.1 Nine-item ARFID screen (NIAS)[©]

Please use the scale below to complete the following items.					
Strongly disagree	Slightly disagree	Disagree	Slightly agree	Agree	Strongly agree
0	1	2	3	4	5
					Your response
1.	I am a picky eater.				
2.	I dislike most of the foods that other people eat.				
3.	The list of foods that I like and will eat is shorter than the list of foods I won't eat.				
4.	I am not very interested in eating; I seem to have a smaller appetite than other people.				
5.	I have to push myself to eat regular meals throughout the day, or to eat a large enough amount of food at meals.				
6.	Even when I am eating a food I really like, it is hard for me to eat a large enough volume at meals.				
7.	I avoid or put off eating because I am afraid of GI discomfort, choking, or vomiting.				
8.	I restrict myself to certain foods because I am afraid that other foods will cause GI discomfort, choking, or vomiting.				
9.	I eat small portions because I am afraid of GI discomfort, choking, or vomiting.				

Note: GI = Gastrointestinal. Reprinted with permission from Hana Zickgraf, PhD, who holds the copyright to the NIAS. Please cite Zickgraf, H. F. and Ellis, J. M. (2018). Initial validation of the nine-item avoidant/restrictive food intake disorder screen (NIAS): a measure of three restrictive eating patterns. *Appetite*, 123, pp. 32–42.