

ARFID Test

Patient's Full Name: _____ Date Accomplished: _____

Clinician's Full Name: _____

Please rate how much the statements below describe you based on the answer options below each item.

1. I have always been considered a “picky eater” by those close to me.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

2. I consider myself to be a “picky eater.”

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

3. I am aware that I eat far fewer foods than my peers do.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

4. I often feel nervous about foods that I have not tried before because I am afraid I won't like them.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

5. There are many foods I won't eat because I don't like the way they look.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

6. There are many foods I won't eat because I don't like the texture.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

7. There are many foods I won't eat because of the way they smell.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

8. There are many foods I won't eat because they taste bad to me, even though others find them appealing.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

9. I am not that interested in food or in eating.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

10. I sometimes won't eat something because I am worried it will make me uncomfortable or sick to my stomach.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

11. There are foods that will cause me to gag or vomit involuntarily if I try them.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

12. My parents have repeatedly expressed concern over the way I eat.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

13. The number of foods I am willing to eat has decreased over time.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

14. I would rather starve than eat food that I feel unsure about or that is not acceptable to me.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

15. I feel embarrassed by the way I eat when I am with peers or others who are not aware of my situation.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

16. The foods I am willing to eat are very specific and I am not willing to eat something that is similar or comparable if I can't get the specific item (i.e., only a specific brand of food, or only that item when prepared at a specific restaurant).

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

17. Seeing others eat foods that I am not willing to eat does not help me or encourage me to try them.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

18. I go through phases with foods where I will eat a food exclusively for a period of time and then I get tired of that food and I won't eat it again.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

19. My pickiness with food has impaired my ability to socialize.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

20. My pickiness with food has impaired my health.

- (1) Not at all true of me (2) A little true of me (3) Somewhat true of me (4) Very true of me
 (5) Extremely true of me

Total score:

If you score a 4 or 5 on at least 6 items on either scale, there is an increased likelihood that you have ARFID. Higher total scores also mean that there is an increased likelihood that you have ARFID.

Additional Notes: