FOFM

Please read the below statements and indicate how characteristic they are of you from 1 (not at all) to 7 (very much so).



Not at all Very much so

**AE**

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| 1. | I feel anxious when I eat. |  |
| 2. | If I have to eat a meal, it makes me uncomfortable. |  |
| 3. | Eating makes me uncomfortable. |  |
| 4. | I feel tense when I am around food. |  |
| 5. | Food makes me anxious. |  |
| 6. | I worry about eating. |  |
| 7. | It is hard for me to eat because it makes me nervous. |  |
| 8. | I don’t like it when there is food near me. |  |

**FAB**

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| 1. | There are certain foods I avoid because they make me anxious. |  |
| 2. | I have specific patterns and behaviors that I engage in when I eat. |  |
| 3. | I have to eat my food in a certain order. |  |
| 4. | There are foods that I will not touch because I don’t like how they feel. |  |
| 5. | I try and avoid eating when I can. |  |
| 6. | I have rules about what I eat. |  |

**FC**

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| 1. | Eating makes me anxious because I am afraid I might get fat. |  |
| 2. | Eating makes me anxious because I worry I might get sick. |  |
| 3. | I don’t like eating because of the way my stomach feels after I eat. |  |
| 4. | I worry that eating will make me dissatisfied with my body. |  |
| 5. | I feel anxious when eating around other people. |  |
| 6. | I don’t like to eat around other people because they might judge me. |  |
| 7. | I don’t like to eat in social situations. |  |
| 8. | If I don’t eat much because I am worried about my weight. |  |
| 9. | I don’t like the physical sensations I feel when eating. |  |