

## ARFID Self Assessment

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Please rate how much the statements below describe you using the following rating scale:

- 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

1. I have always been considered a "picky eater" by those close to me. \_\_\_\_\_
2. I consider myself to be a "picky eater." \_\_\_\_\_
3. I am aware that I eat far fewer foods than my peers do. \_\_\_\_\_
4. I often feel nervous about foods that I have not tried before because I am afraid I won't like them. \_\_\_\_\_
5. There are many foods I won't eat because I don't like the way they look. \_\_\_\_\_
6. There are many foods I won't eat because I don't like the texture. \_\_\_\_\_
7. There are many foods I won't eat because of the way they smell. \_\_\_\_\_
8. There are many foods I won't eat because they taste bad to me, even though others find them appealing. \_\_\_\_\_
9. I am not that interested in food or in eating. \_\_\_\_\_
10. I sometimes won't eat something because I am worried it will make me uncomfortable or sick to my stomach. \_\_\_\_\_
11. There are foods that will cause me to gag or vomit involuntarily if I try them. \_\_\_\_\_
12. My parents have repeatedly expressed concern over the way I eat. \_\_\_\_\_
13. The number of foods I am willing to eat has decreased over time. \_\_\_\_\_
14. I would rather starve than eat a food that I feel unsure about or that is not acceptable to me. \_\_\_\_\_
15. I feel embarrassed by the way I eat when I am with peers or others who are not aware of my situation. \_\_\_\_\_
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 a food, or only that item when prepared at a specific restaurant). \_\_\_\_\_
17. Seeing others eat foods that I am not willing to eat does not help me or encourage me to try them. \_\_\_\_\_
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. \_\_\_\_\_
19. My pickiness with food has impaired my ability to socialize. \_\_\_\_\_
20. My pickiness with food has impaired my health. \_\_\_\_\_

See next page for results:

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

If you or a loved one is suffering from ARFID, [contact us for help](#).