

ANIS

Please read the following statements carefully. Decide to what extent each statement applies to you by making an X in one of the six columns on the right (applies not at all, ... applies very much). Make your judgements according to your current (today's) state. Please fill out the questionnaire carefully, quickly and on your own. Don't forget any items.

	applies					
	not at all	a little	moderately	considerably	pretty much	very much
1. I cannot stand boredom at all.	0	1	2	3	4	5
2. Many demands are put on me which I can hardly cope with.	0	1	2	3	4	5
3. I am afraid of becoming too fat.	0	1	2	3	4	5
4. Deep inside I feel inferior and helpless.	0	1	2	3	4	5
5. Thinking of sexual contacts makes me feel very anxious.	0	1	2	3	4	5
6. I tend to terminate a meal not when I am sated but rather when I have reached the limit I regard appropriate for my figure.	0	1	2	3	4	5
7. When I have eaten I feel sick.	0	1	2	3	4	5
8. I have rituals, obsessions or obsessive acts concerning eating.	0	1	2	3	4	5
9. I often feel hungry but try to overcome and control this feeling.	0	1	2	3	4	5
10. When I start eating it can happen that I experience an irresistible impulse to eat till I burst.	0	1	2	3	4	5
11. Compared to others I am quite conscientious and exact in whatever I do.	0	1	2	3	4	5
12. Having a good figure is very important to me and I often check myself in a mirror.	0	1	2	3	4	5
13. It is hard for me just to sit around and do nothing.	0	1	2	3	4	5
14. I feel pressured by the expectations others have of me.	0	1	2	3	4	5
15. I try to keep up a diet and eat as little fat and carbohydrates as possible (potatoes, sweets, etc.).	0	1	2	3	4	5
16. I feel bloated and empty.	0	1	2	3	4	5
17. After eating I feel stuffed.	0	1	2	3	4	5
18. It embarrasses me to see other people sexually aroused.	0	1	2	3	4	5
19. I am not totally honest about my actual eating habits.	0	1	2	3	4	5
20. I feel there is no sense in striving for achievement in life, since all my efforts will not change anything.	0	1	2	3	4	5

applies	not at all	a little	moderately	considerably	pretty much	very much
21. Every time I succeed in fasting for a certain length of time I am proud of it.	0	1	2	3	4	5
22. I feel less well after meals than before.	0	1	2	3	4	5
23. Occasionally I negotiate or bargain about the things I eat (e.g. I'm gonna eat this, if I don't have to eat that).	0	1	2	3	4	5
24. There is a point in eating at which I can hardly stop.	0	1	2	3	4	5
25. Because of the many demands and expectations that others have of me, I feel that I am not the master of my life.	0	1	2	3	4	5
26. Kissing makes me anxious.	0	1	2	3	4	5
27. I often hesitate and procrastinate before I start eating.	0	1	2	3	4	5
28. After the meal I feel so sick that I would like to throw up.	0	1	2	3	4	5
29. After eating I worry about gaining too much weight.	0	1	2	3	4	5
30. Whenever I start to do something I feel compelled to do it exactly and perfectly.	0	1	2	3	4	5
31. I am tense and restless.	0	1	2	3	4	5
32. I think that I have answered all questions truthfully.	0	1	2	3	4	5