SIAB-S (Self-rating)

(9/1997)

Name: _____

First name: _____

Birthdate: _____

Today's date: _____

· **1. What was your lowest and your highest weight since puberty? How tall are you?**

a) Height (in cm): _____cm
b) Weight now: _____lbs_____kg
c) minimum: _____lbs_____kg
how old were you, when you had this lowest weight? _____years
d) Weight maximum: _____lbs _____kg
how old were you when you had this highest weight? _____years

In the following section statements concerning problems related to eating disturbances and emotional problems will be asked. Please indicate for every item how fitting it was in the last 3 months, and how fitting it was in the past when the problem was most severe (since you were about 10 years old).

Write down a number between 0 and 4 on the margin to the right, depending on how fitting you find the statements.

	last 3 months	worst condition/ maximal symptom expression in the past (=highest score 0-4)
For **example**, if the statement was markedly true for the last three months, you would write down 2 on the left mark, and if it was very severely once in the past, you would write down 4 on the right mark:		
0 = not at all 1 = slightly 2 = markedly 3 = severely 4 = very severely	2 _____	4 _____

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3. It is/was important for me to achieve well in school, at work or at home.

0 = is/was not important for me
1 = is/was a little bit important
2 = is/was markedly important
3 = is/was very important
4 = is/was extremely important

last 3 months _____ worst condition in past (=highest score 0-4) _____

4. I experienced more anxiety than most other people.

0 = not at all
1 = slightly
2 = markedly
3 = severely
4 = very severely

last 3 months _____ worst condition in past _____

5. There were certain things or situations (e.g. being alone at home, going out alone, travelling in busses or trains, large animals, insects, heights, darkness or being in front of a group of people) which made me fearful (phobia).

0 = no
1 = somewhat
2 = markedly
3 = strongly
4 = very strongly

last 3 months _____ worst condition in past _____

6. I had difficulty falling or staying asleep.

0 = no
1 = somewhat
2 = markedly
3 = severely
4 = very severely

last 3 months _____ worst condition in past _____

· **7. If I had had to gain 7 to 11 lbs (3-5 kg), I would have become anxious, panicky and felt uncomfortable.**

0 = does not apply
1 = applies somewhat
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months _____ worst condition in past _____

8. The body weight I personally desire to have is

_____lbs or _____ kg

_____ lbs/kg

9. The lowest weight ever I desired to have was

_____lbs or _____ kg

_____ lbs/kg

· **10. My self-esteem was dependent on my body shape and weight.**

0 = no
1 = slightly
2 = markedly
3 = strongly
4 = very strongly

last 3 months _____ worst condition in past _____

11. I dieted and tried to eat as little as possible.

0 = does not apply
1 = applies somewhat
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months _____ worst condition in past _____

12. I have avoided to eat food with a very high calory count, even though I would have liked to eat it.

0 = does not apply
1 = applies somewhat
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months _____ worst condition in past _____

13. I had set a limit to how many calories I can eat per day.

0 = no limit set
1 = somewhat reduced caloric intake limit
2 = markedly reduced caloric intake limit
3 = strongly reduced caloric intake limit
4 = very strongly reduced caloric intake limit

last 3 months _____ maximal reduction in past _____

my limit in the last three months was _____kcal/day _____ kcal/day

my lowest limit ever was _____kcal/day _____ kcal/day

· **14. I have eaten food without swallowing it and spit it out again, in order to avoid caloric intake.**

0 = no
1 = seldom (up to once per month)
2 = sometimes (up to once per week)
3 = frequently (up to once a day)
4 = very frequently (more than once daily)

last 3 months _____ worst condition in past _____

15. I have regurgitated food in order to chew it again.

0 = no
1 = rarely (up to once per month)
2 = sometimes (up to once per week)
3 = frequently (up to once a day)
4 = very frequently (more than once daily)

last 3 months _____ worst condition in past _____

· **16. Although others (for example doctors) at times said I am too thin, I considered myself to be not too thin or even as being too fat.**

0 = does not apply
1 = applies somewhat
2 = applies markedly
3 = applies strongly
4 = applies very strongly
5 = both my doctors and I are of the opinion that I am too fat

last 3 months _____ worst condition in past _____

· **17. When I was underweight I ignored that this might have negative consequences for my health.**

0 = never
1 = somewhat
2 = markedly
3 = severely
4 = very severely
8 = have not been below normal weight

last 3 months _____ worst condition in past _____

18. Women only: Menstruation

How old were you, when you first got your period? _____ years _____ years

· **19. Since then my period was**

0 = normal and regular
1 = period was rather irregular
2 = Hormones were necessary to induce period
3 = period didn't come for at least 3 months in a row (secondary amenorrhea)
4 = period didn't come for at least 6 months in a row
5 = never had period (primary amenorrhea)
6 = no period due to pregnancy
7 = use of the pill; it's unknown if the period would occur without the pill
8 = does not apply (males; hysterectomy)

last 6 months _____ worst condition in past _____

20. If secondary amenorrhoea was present: How old were you when your period didn't occur for three months or more for the first time? _____ years

21.b I had binge-eating episodes during which I ate large amounts of food in a relatively short period of time (generally less than 2 hours).

0 = no
1 = somewhat
2 = markedly
3 = severely
4 = very severely

last 3 months _____ worst condition in past _____

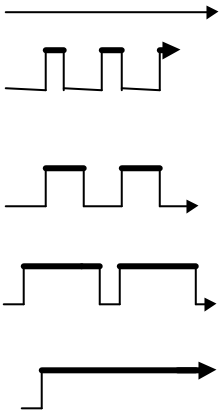
· **21.a Approximately how many calories did you ingest during a binge-eating episode?**

0 = I had never eating-binges
1 = less than 1000 kcal. per binge
2 = more than 1000 kcal. per binge
3 = more than 3000 kcal. per binge
4 = more than 5000 kcal. per binge

last 3 months	worst condition in past
_____	_____

22. How could the course of your binge eating best be described?

0 = no binges
1 = short episodes of binge eating followed by longer intervals without binge eating. Overall bingeing occurred up to 30%of time (or less).
2 = periods of binge eating and periods without of approx. equal length. Overall binge eating was present about 30-60% of the time
3 = long periods of bingeing with only short intervals without episodes of bingeing. Roughly, bingeing was present in 60-90% of the time
4 = Chronic bingeing, almost no intervals without bingeing. Binge eating was present chronically throughout time, roughly 90-100%. There were no major intervals without marked binge eating



over the years

_____

· **23. How often did you have marked eating <u>binges</u> (more than 1000 kcal. per binge) <u>over a period of at least three months</u>? How about the last 3 months? And before then?**

0 = none
1 = rarely
2 = sometimes (on the average at least twice a week)
3 = frequently (up to once a day)
4 = very frequently (more than once daily)
5 = at least twice a week, but never for 3 months or longer

last 3 months	worst condition over at least 3 months in past
_____	_____

· **24. How often did you have marked eating <u>binges</u> (more than 1000 kcal per binge) <u>over a period of at least 6 months</u>?**

0 = none
1 = rarely
2 = sometimes (on the average at least twice a week)
3 = frequently (up to once a day)
4 = very frequently (more than once daily)
5 = at least twice a week, but never for 6 months or longer

last 6 months	worst condition over 6 months in past
_____	_____

· **25. The eating-binges usually took place on two different days of the week.**

0 = no
1 = yes
8 = no eating binges

last 6 months	in past
_____	_____

· **26. During the binges I experienced a sense of lack of control over my eating.**

0 = no
1 = somewhat
2 = markedly
3 = strongly
4 = very strongly
8 = no eating binges

last 3 months	worst condition in past
_____	_____

· **27. Characteristics of binge-eating episodes.**

	last 3 months	in past
- During the binge eating, I was eating more rapidly than normal. 0 = no 1 = yes 8 = no eating binges	_____	_____
- I ate during the binges until I felt uncomfortably full. 0 = no 1 = yes 8 = no eating binges	_____	_____
- I ate large amounts of food while binge eating, even though I was not physically hungry. 0 = no 1 = yes 8 = no eating binges	_____	_____
- I ate alone during a binge, because I was embarrassed by how much I ate. 0 = no 1 = yes 8 = no eating binges	_____	_____
- I felt disgusted with myself, or guilty after binge-eating. 0 = no 1 = yes 8 = no eating binges	_____	_____

· **28. I experienced distress regarding binge-eating.**

0 = no
1 = slightly
2 = markedly
3 = strongly
4 = very strongly (even desperation)
8 = no eating binges

last 3 months	worst condition in past
_____	_____

29. I stuffed myself during the day or evening not in binges but rather by eating continuously = „grazing“ (e.g. while cooking, while watching TV) (= atypical binges).

0 = no
1 = somewhat
2 = markedly (more than 1000 kcal aside from regular meals)
3 = strongly (more than 3000 kcal aside from regular meals)
4 = very strongly (more than 5000 kcal aside from regular meals)

last 3 months _____ worst condition in past _____

30. How comfortabe did you feel after eating larger amounts of food continuously for hours (= „grazing“).

7 = strongly uncomfortable
6 = markedly uncomfortable
5 = slightly uncomfortable
0 = neither comfortable nor uncomfortable
1 = somewhat comfortable
2 = markedly comfortable
3 = strongly comfortable
4 = very strongly comfortable
8 = does not apply (no „grazing“)

last 3 months _____ worst condition in past _____

31. Average number of episodes of continuous eating during day or evening (marked atypical eating binges = „grazing“).
How often have you had episodes of „grazing“ <u>over a period of 3 months?</u>

0 = never
1 = rarely
2 = sometimes, on the average at least twice weekly
3 = frequently (up to once daily)
4 = very frequently (more than once daily)
5 = at least twice a week, but never for 3 months or longer

} over 3 month period

last 3 months _____ worst condition in past _____

32. How often have you eaten continuously during day or evening („grazing“) <u>over a period of 6 months</u> (atypical eating binges)?

0 = never
1 = rarely
2 = sometimes, on the average at least twice weekly
3 = frequently (up to once daily)
4 = very frequently (more than once daily)
5 = at least twice a week, but never for 6 months or longer

} over 6 month period

last 6 months _____ worst condition in past _____

33. I ate more than usual when I felt stressed or overburdened.

0 = no
1 = applies somewhat
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months _____ worst condition in past _____

34. I experienced a strong desire or compulsion to eat, and I craved food which I generally avoided (e.g. chocolate, spaghetti).

0 = no
1 = rarely
2 = sometimes
3 = frequently
4 = very frequently

last 3 months _____ worst condition in past _____

· **35. It ocurred that I vomited food in order to avoid gaining weight or to feel relieved.**

0 = no
1 = rarely (less than twice a week)
2 = sometimes (at least twice a week)
3 = frequently (up to once a day)
4 = very frequently (more than once daily)

last 3 months _____ worst condition in past _____

· **35. b I induced vomiting.**

0 = no
1 = yes
8 = does not apply

last 3 months _____ in past _____

· **36. I have used laxatives.**

0 = no
1 = rarely (less than 2x a week) - low dose
2 = sometimes (at least 2x a week) - moderate dose
3 = frequently (up to once a day) - high dose
4 = very frequently (more than once daily) - very high dose

last 3 months _____ worst condition in past _____

· **37. I have used water pills (diuretics) to avoid gaining weight.**

0 = no
1 = rarely (less than 2x a week) - low dose
2 = sometimes (at least 2x a week) - moderate dose
3 = frequently (up to once a day) - high dose
4 = very frequently (more than once daily) - very high dose

last 3 months _____ worst condition in past _____

· **38. I have used appetite suppressants to attain a slimmer figure.**

0 = no
1 = rarely (less than 2x a week) - low dose
2 = sometimes (at least 2x a week) - moderate dose
3 = frequently (up to once a day) - high dose
4 = very frequently (more than once daily) - very high dose

last 3 months _____ worst condition in past _____

· **39. I have taken medication which increases my thyroid function, in order to attain a slimmer figure.**

0 = no
1 = rarely (less than 2x a week) - low dose
2 = somtimes (at least 2x a week) - moderate dose)
3 = frequently (up to once a day) - high dose
4 = very frequently (more than once daily) - very high dose

last 3 months _____ worst condition in past _____

· **40. As a diabetic I have neglected taking insulin to attain a slimmer figure.**

0 = no
1 = rarely
2 = sometimes
3 = frequently
4 = very frequently
8 = does not apply (no diabetes)

last 3 months _____ worst condition in past _____

· **41. I have gone without eating for more than 24 hours, in order to attain a slimmer figure.**

0 = no
1 = rarely (up to 1 day per month)
2 = sometimes (up to 1 day per week)
3 = frequently (up to 1 week in a row)
4 = very frequently (longer than a week)

last 3 months _____ worst condition in past _____

· **42. I have exercised a lot.**

0 = no
1 = rarely (less than twice a week)
2 = sometimes (at least twice a week)
3 = frequently (up to once a day)
4 = very frequently (more than once daily or very excessively)

last 3 months _____ worst condition in past _____

· **43. I have used enemas.**

0 = no
1 = rarely (less than twice a week)
2 = sometimes (at least twice a week)
3 = frequently (up to once a day)
4 = very frequently (more than once a day)

last 3 months _____ worst condition in past _____

· **44. I have used medication like syrup of ipecac in order to induce vomiting.**

0 = no
1 = rarely (less than 2x a week) - low dose
2 = sometimes (at least 2x a week) - moderate dose
3 = frequently (up to once a day) - high dose
4 = very frequently (more than once daily) - very high dose

last 3 months _____ worst condition in past _____

· **45. How often have you used one of the following things or a combination of these counterregulatory measures: 1) vomited <u>or</u> 2) used laxatives <u>or</u> 3) used diuretics <u>or</u> 4) taken appetite suppressants <u>or</u> 5) taken medication to increase the thyroid function <u>or</u> 6) neglected taking a necassary insulin treatment <u>or</u> 7) fasting <u>or</u> 8) excessive exercise <u>or</u> 9) used enemas <u>or</u> 10) used ipecac?**

0 = no (I never used any of the 10 measures listed)
1 = yes, I used one or several of the 10 measures listed and it occurred altogether **at least twice a week** over a time period of

3 months or more

2 = yes, I used one or several of the 10 measures listed and it occurred altogether **less than twice a week** over a time period of 3 months or more

3 = yes, I used one or several of the 10 measures listed and it occurred altogether **at least twice a week** for **less than 3 months**

4 = yes, I used one or several of the 10 measures listed and it occurred altogether **less than twice a week** for **less than 3 months**

last 3 months _____ in past _____

· **46. When using measures like the 10 behaviors listed my lowest weight was**

_____lbs or _____kg

_____ lbs or kg

· **46.b I had marked eating binges (more than 1000 kcal) concurrent with the counterregulatory measures listed above.**

0 = no
1 = yes
8 = no counterregulatory measures

last 3 months _____ in past _____

· **47. Counterregulatory measures used:**

0 = I regulary used dieting, fasting or exercising; purging behavior (see below) was not regularly used

1 = I regularly induced vomiting, or used laxatives, or water pills, or appetite suppressants, or enemas, or thyroid medication or ipecac to counteract weight gain (= purging behavior). Dieting, fasting, or exercising may have been present.

3 = At times I used only measures mentioned under 0, and there were times I used regularly measures mentioned under 1 as well.

8 = no counterregulatory measures

last 3 months _____ in past _____

· **48. Has there ever been a time during which the following four symptoms occurred simultaneously?**

1. low body weight
2. intense fear of gaining weight
3. a feeling of being too fat or dependency of self-esteem on figure and weight and/or denial of risks of low body weight
4. no period for at least three months or period only occurred with hormones (e.g. the pill) or irregularities in period.

0 = no, there were never times during which these four symptoms occurred simultaneously

1 = yes, there were times during which these four symptoms occurred simultaneously

last 3 months _____ in past _____

If yes, how old were you when all symptoms occurred simultaneously for the first time?

years _____

· **49.a During an anorectic episode (underweight, fear of gaining weight, self-esteem depending on shape and weight and amenorrhoe) I also had eating binges (more than 1000 kcal).**

0 = not at all
1 = yes, but not regularly (less than twice a week)
2 = yes, regularly (at least twice a week for at least 3 months)
3 = there were anorectic episodes when I binged regularly and other anorectic episodes when I did not
8 = does not apply, because I had no anorectic episodes

last 3 months _____ in past _____

· **49.b During an anorectic episode I regularly used inappropriate compensator behaviors in order to prevent weight gain such as vomiting, or use of laxatives, diuretics, or appetite suppressants, or enemas, or ipecac, or thyroid medication**

0 = not at all
1 = yes, but not regularly (less than twice a week)
2 = yes, regularly (at least twice a week for at least 3 months)
3 = there were anorectic episodes when I used compensatory behaviors mentioned above and other anorectic episodes when I did not
8 = does not apply, because I had no anorectic episodes

last 3 months _____ in past _____

· **50. Has there ever been a time during which the following four symptoms occurred simultaneously?**

1. binges, during which you ate large amounts of food in a relatively short period of time and a feeling to lose control over eating.
2. regular use of inappropriate compensatory behavior in order to prevent weight gain, such as self-induced vomiting, use of laxatives, diuretica, appetite suppressants, medication to increase thyroid function or ipecac, neglect of insulin treatment, fasting for more than 24 hours, excessive exercise, use of enemas.
3. binges and purging behavior occured three months or more at least twice a week simultaneously
4. high dependence of self-esteem on shape and weight

0 = no, there were never times during which these four symptoms occurred simultaneously
1 = yes, there were times during which these four symptoms occurred simultaneously

last 3 months _____ in past _____

If yes, how old were you when all symptoms occurred simultaneously for the first time? _____ years

· **51.a Were the eating binges exclusively present during anorectic episodes?**

0 = no
1 = yes
8 = does not apply (no binges)

last 3 months _____ in past _____

· **51.b Were the inappropriate compensatory behaviors in order to counteract weight gain, such as vomiting, use of laxatives etc. (see item 49.b) exclusively present during anorectic episodes?**

	last 3 months	in past
0 = no 1 = yes 8 = does not apply (no counterregulatory measures)	_____	_____

· **52. Has there ever been a time during which the following five symptoms occurred simultaneously?**

1. binges, during which you ate large amounts of food in a relatively short period of time and a feeling to lose control over eating.
2. at least three of the following symptoms were present: eating faster than normal, eating until feeling uncomfortably full, eating of large amounts of food without being really hungry, eating alone, feeling depressed, disgusted with yourself or guilty after binge-eating.
3. you experienced distress regarding binge-eating.
4. the eating-binges usually took place on two different days of the week over a period of at least six months.
5. you did not use measures to counteract weight gain during this time.

	last 6 months	in past
0 = no, there were never times during which these five symptoms occurred simultaneously 1 = yes, there were times during which these five symptoms occurred simultaneously	_____	_____

	years
If yes, how old were you when all symptoms occurred simultaneously for the first time?	_____

53. My performance in school, at work or in the house has declined during the eating disorder and/or the same performance demanded more effort.

	last 3 months	worst condition in past
0 = no performance loss 1 = same performance as before, but more effort is necessary 2 = performance is clearly suffering 3 = strongly reduced performance 4 = very strongly reduced performance, inability to work	_____	_____

54. At what age was the first onset of your eating disorder as you described above (changes in weight, self-evaluation is unduly influenced by body shape and weight, possibly eating binges, or using measures to counteract weight gain)?

a) Onset of eating disorder was at age: _____ years Never had an eating disorder: code 88	_____ years
b) Onset of bingeing was at age: _____years	_____ years

c) The following symptoms occurred first:

_____

_____

_____

55. I suffered from constipation.

0 = no
1 = rarely
2 = sometimes
3 = frequently
4 = very frequently

last 3 months _____ worst condition in the past _____

56. There were things that I must compulsively repeat or control, because I am anxious and tense if I don't (e.g. touch or count certain things repeatedly or check doors or switches again and again).

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months _____ worst condition in past _____

57. I washed myself repeatedly or cleaned compulsively, long after it must have been clean.

0 = no
1 = somewhat
2 = markedly
3 = strongly
4 = very strongly

last 3 months _____ worst condition in past _____

58. Sometimes I had compulsive thoughts (excluding the areas of food and eating), which occured against my will and that I couldn't get rid of.

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months _____ worst condition in past _____

59. I had set eating habits and it bothered me when I was hindered from carrying them out.

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months _____ worst condition in past _____

60. I thought frequently about things concerning food, eating, cooking and calories.

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months	worst condition in past
_____	_____

61. My thoughts centered on how I could become (or stay) slimmer and how others saw my figure.

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months	worst condition in past
_____	_____

62. I felt helpless, insufficient and had a sense of hopelessness, as everything that I could do myself wouldn't really change anything.

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months	worst condition in past
_____	_____

63. I found it difficult to feel whether I was hungry or satiated. I hardly perceived stimuli from my body, such as pain or heat.

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months	worst condition in past
_____	_____

64. I felt sad and my mood was depressed.

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months	worst condition in past
_____	_____

65. I tend to think in extremes (for example "if I don't pass the exam, I am a complete loser"). I was very sensitive to criticism from others.

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months	worst condition in past
_____	_____

66. I lacked confidence in my own capabilities, for example to master tasks which should be dealt with or to get along with other people.

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months _____ worst condition in past _____

67. I felt inferior or worthless and had low self-esteem.

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months _____ worst condition in past _____

68. I had thoughts about putting an end to my life.

0 = never
1 = rarely
2 = sometimes
3 = frequently
4 = very frequently

last 3 months _____ worst condition in past _____

69. I have attempted to end my life (suicid attempt).

0 = never
1 = mild attempts, which had no consequences
2 = one serious attempt or many minor attempts
3 = up to 3 serious attempts
4 = more than 3 serious attempts

last 3 months _____ worst condition in past _____

70. I have intentionally cut or hurt myself with a sharp object, or hurt myself intentionally in other ways.

0 = never
1 = rarely or slightly
2 = sometimes or markedly
3 = frequently or strongly
4 = very frequently or very strongly

last 3 months _____ worst condition in past _____

71. There were times I drank alcohol.

0 = never
1 = sometimes, e.g. a glass of wine or beer
2 = generally every day, for instance a glass of wine or beer
3 = on the average about a quart of wine or 2 quarts of beer daily
4 = on the average more than 1 quart of wine or 2 quarts of beer daily

last 3 months _____ maximum in past _____

72. I took prescribed medication (tranquilizers) to reduce tension.

0 = no
1 = rarely
2 = sometimes and/or low dose
3 = frequently and/or high dose
4 = very frequently and/or very high dose

medication: _____

last 3 months	maximum in past
_____	_____

73. I have taken drugs as follows:

- hallogenics (hash, LSD)

0 = no
1 = yes, which ones: _____

last 3 months	in past
_____	_____

- amphetamines, cocaine

0 = no
1 = yes, which ones: _____

_____	_____

- morphium derivatives, heroin

0 = no
1 = yes, which ones: _____

_____	_____

If you took hallogenics, amphetamines or morphium derivatives, how often?

0 = never
1 = rarely
2 = sometimes and/or in low dose
3 = frequently and/or in high dose
4 = very frequently and/or in very high dose

last 3 months	worst condition in past
_____	_____

74. Have you ever had a date with a boy/man or girl/woman and did you ever get physically intimate (petting, sex) with another person?

0 = no 1 = yes

last 3 months	in the past
_____	_____

75. My inner desire for sexuality had changed.

0 = no
1 = slight reduction in sexual desire
2 = marked reduction in sexual desire
3 = strong reduction in sexual desire
4 = no sexual desire
5 = increased sexual desire

last 3 months	maximal reduction in past
_____	_____

76. I was reserved or anxious when I should be making intimate contacts (caressing, kissing, petting, sexual intercourse).

0 = does not apply
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months _____ worst condition in past _____

77. I have or had a steady relationship.

0 = yes, a stable and close relationship
1 = yes, a stable relationship with much tension and fighting, or somewhat distant
2 = changing partners, long periods of time without a relationship or quite distant relationship
3 = very rarely or very distant relationship
4 = no relationship

last 3 months _____ worst condition in past _____

78. I had sexual contacts.

0 = yes, including intercourse
1 = no intercourse but several times or frequently petting
2 = no intercourse, but petting (rarely)
3 = some relationship with a partner but neither petting nor intercourse
4 = no contact with a partner and avoiding any sexual contact

last 3 months _____ maximal reduction in past _____

79. How active were you in your spare time? (e.g. hobbies, clubs, political parties, sport, outings, walks, exhibitions, bars, reading, listening to music, etc).

0 = active in many areas (always active)
1 = slight restriction in leisure activities (mostly active)
2 = marked restriction in leisure activites (occasionally active)
3 = severe restriction in leisure activities (rarely active)
4 = very severe restriction in leisure activities (never active)

last 3 months _____ maximal restriction in past _____

80. I had friends and acquaintances.

0 = very many social contacts
1 = many social contacts
2 = few social contacts
3 = very few social contacts
4 = hardly any social contacts

last 3 months _____ maximal restriction in past _____

81. I had someone whom I completely trusted, someone who I know was always there for me when I needed help, support or comfort.

0 = very close confidant
1 = close confidant with the possibility to speak about personal things
2 = moderately close friendship, where I sometimes speak about my personal things
3 = acquaintances practically without talking about personal things
4 = no confidant, friend or acquaintances

last 3 months _____ lonliest situation in past _____

82. I tended to withdraw from others and avoid contact with other people.

0 = no
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months	maximal restriction in past
_____	_____

83. I tended to hide or minimize my eating disorder.

0 = no
1 = applies slightly
2 = applies markedly
3 = applies strongly
4 = applies very strongly

last 3 months	worst condition in past
_____	_____

84. How strong do you judge your eating disorder to be on the whole?

0 = no eating disorder
1 = slight eating disorder
2 = marked eating disorder, outpatient treatment sufficient
3 = severe eating disorder, inpatient or intense outpatient treatment necessary
4 = very severe eating disorder, inpatient treatment necessary.

last 3 months	worst condition in past
_____	_____

85. I have contacted a neurologist, psychiatrist or psychotherapist.

0 = no
1 = yes

last 3 months	in past
_____	_____

Which psychiatric diagnoses did he/she give?

_____

86. I suffer from serious somatic illnesses.

0 = no
1 = yes

last 3 months	in past
_____	_____

Which ones? _____

_____

87. I have taken antidepressants or neuroleptic drugs.

0 = no
1 = yes

last 3 months	in past
_____	_____

Which ones? _____