Scoring Sheet SIAB-S
PAST

Name: .....

First Name: .....

Date of Birth: .....

Date of Assessment: .....

	Item	Item No.	Score 0 - 4
I	**Bulimic Symptoms (Bul)**		
	Binging (subjectively)	21b	
	Average frequency of marked eating binges over a period of 3 months	23***	
	Binging (objectively)	21a	
	Feelings of distress regarding binge eating	28***	
	Craving for food	34	
	Self-induced vomiting	35	
	Loss of control with regard to eating	26***	
	Course of binge eating over time	22	
	Global evaluation of symptoms associated with eating disorder	84	
	Denial of illness	83	
Sum score of subscale I			
Mean of subscale I (sum/ number of answered items)			

Scoring Sheet SIAB-S PAST b)

	Item	Item No.	Score 0 - 4
II	**General Psychopathology (Gen Psy)**		
	Reduction of self-esteem	67	
	Depressive thoughts	65	
	Reduced self-confidence in performance	66	
	Feelings of insufficiency and helplessness	62	
	Obsessive thoughts	58	
	Depressed mood	64	
	Suicidal thoughts	68	
	Phobias	5	
	Anxieties	4	
	Obsessions about cleanliness	57	
	Obsessive-compulsive checking	56	
	Reduced perception of internal stimuli	63	
	Sleep disorders	6	
	Objective impairment at school/ at work/ with household	53	
Sum score of subscale II			
Mean of subscale II (sum/ number of answered items)			
III	**Slimness Ideal (Slim)**		
	Avoidance of fattening food and selective eating – qualitative food-reduction	12	
	Dieting or fasting – quantitative food-reduction	11	
	Limits for caloric intake	13	
	Fear of gaining weight or getting fat – weight phobia	7	
	Preoccupation with body slimness, figure and body weight	61	
	Preoccupation with food and eating	60	
	Dependence of self-esteem on figure and weight	10	
	Medication to increase thyroid metabolism	39	
	Internal achievement orientation	3	
Sum score of subscale III			
Mean of subscale III (sum/ number of answered items)			

Scoring Sheet SIAB-S PAST c)

	Item	Item No.	Score 0 – 4
IV	**Sexuality and Social Integration (SexSoc)**		
	Extent of social contacts outside of family	80	
	Social withdrawal and avoidance of contacts	82	
	Sexual behavior	78	
	Quality of social contacts/ confidants	81	
	Leisure activities	79	
	Sexual anxieties	76	
	Reduced sexual desire	75***	
	Partner relationship	77	
Sum score of subscale IV			
Mean of subscale IV (sum/ number of answered items)			
V	**Body Image (BI)**		
	Underweight (modified)/ deviance from normal body weight	1*	
	Body image disturbance	16***	
	Chewing and spitting out food	14	
	Amenorrhoea (modified)	19**	
	Compulsive behavior concerning food or eating	59	
	Excessive exercise	42	
	Regurgitation of food	15	
	Constipation	55	
	Denial of threat to health caused by underweight	17***	
Sum score of subscale V			
Mean of subscale V (sum/ number of answered items)			

Scoring Sheet SIAB-S PAST d)

	Item	Item No.	Score 0 – 4
VI	**Inappropriate Compensatory Behaviors to Counteract Weight Gain, Substance Abuse, Fasting and Autoaggression (Compensatory behavior)**		
	Appetite suppressants	38	
	Tranquillizers with potential for dependency	72	
	Diuretics	37	
	Suicidal acts	69	
	Laxative abuse	36	
	Illegal drugs	73	
	Other autoaggressive behavior	70	
	Alcohol use/ abuse	71	
	Excessive Fasting	41	
	Enemas	43	
	Ipecac	44	
Sum score of subscale VI			
Mean of subscale VI (sum/ number of answered items)			
VII	**Atypical Binges (Atyp. Binge)**		
	Average number of marked atypical eating binges (3 months)	31***	
	Atypical eating binges	29	
	Eating more than usual when feeling stressed or overburdend	33	
	Feeling comfortably full after binges	30***	
Sum score of subscale VII			
Mean of subscale VII (sum/ number of answered items)			
Sum score of SIAB-S Total Scale			
Mean of SIAB-S Total Scale (sum/ number of answered items)			

*Calculation of Underweight:

BMI	Score
> 19.00	0
19.00 - 17.51	1
17.50 - 16.01	2
16.00 - 14.51	3
<= 14.50	4

**Recode Item 19 as follows

- recode 6,7 or 8 to 0
- recode 2 to 1
- recode 3 to 2
- recode 4 or 5 to 3
- Codes 1 and 9 don`t have to be recoded

*** Item 16 and 75: Recode 5 to 0
Item 23 and 31: Recode 5 to 1

Item 17, 26 and 28:	Recode 8 to 0
Item 30:	Recode 5, 6, 7 or 8 to 0

Scoring Sheet SIAB-S
Last 3 Months

Name: .....

First Name:.....

Date of Birth: .....

Date of Assessment: .....

	Item	Item No.	Score 0 - 4
I	**General Psychopathology and Social Integration (GenPsySoc)**		
	Reduction of self-esteem	67	
	Depressed mood	64	
	Feelings of insufficiency and helplessness	62	
	Social withdrawal and avoidance of contacts	82	
	Reduced self-confidence in performance	66	
	Anxieties	4	
	Extent of social contacts outside of familiy	80	
	Depressive thoughts	65	
	Suicidal thoughts	68	
	Leisure activities	79	
	Objective impairment at school/at work/with household	53	
	Phobias	5	
	Reduced perception of internal stimuli	63	
	Obsessive thoughts	58	
	Obsessive-compulsive checking	56	
	Quality of social contacts/confidants	81	
	Sleep disorders	6	
	Denial of illness	83	
	Obsessions about cleanliness	57	
	Suicidal acts	69	
	Tranquillizers with potential for dependency	72	
Sum score of subscale I			
Mean of subscale I (sum/ number of answered items)			

Scoring Sheet SIAB-S last 3 months b)

	Item	Item No.	Score 0 - 4
II	**Bulimic Symptoms (Bul)**		
	Average frequency of marked eating binges over a period of 3 months	23***	
	Binging (subjectively)	21b	
	Binging (objectively)	21a	
	Feelings of distress regarding binge eating	28***	
	Craving for food	34	
	Loss of control with regard to eating	26***	
	Self-induced vomiting	35	
	Global evaluation of symptoms associated with eating disorder	84	
Sum score of subscale II			
Mean of subscale II (sum/ number of answered items)			
III	**Body Image and Slimness Ideal (BI)**		
	Dieting or fasting - quantitative food-reduction	11	
	Avoidance of fattening food and selective eating – qualitative food-reduction	12	
	Limits for caloric intake	13	
	Preoccupation with body slimness, figure and body weight	61	
	Fear of gaining weight or getting fat – weight phobia	7	
	Dependence of self-esteem on figure and weight	10	
	Preoccupation with food and eating	60	
	Body image disturbance	16***	
	Internal achievement orientation	3	
	Excessive exercise	42	
	Denial of threat to health caused by underweight	17***	
Sum score of subscale III			
Mean of subscale III (sum/ number of answered items)			

Scoring Sheet SIAB-S last 3 months c)

	Item	Item No.	Score 0 – 4
IV	**Sexuality and Body Weight (SexWeight)**		
	Sexual behavior	78	
	Amenorrhoea (modified)	19**	
	Underweight (modified) / deviance from normal body weight	1*	
	Partner relationship	77	
	Sexual anxieties	76	
	Reduced sexual desire	75***	
	Compulsive behavior concerning food or eating	59	
Sumscore of subscale IV			
Mean of subscale IV (sum/ number of answered items)			
V	**Inappropriate Compensatory Behaviors to Counteract Weight Gain, Fasting and Substance Abuse (Compensatory behavior)**		
	Laxative abuse	36	
	Other autoaggressive behavior	70	
	Constipation	55	
	Appetite suppressants	38	
	Excessive fasting	41	
	Chewing and spitting out food	14	
	Diuretics	37	
	Illegal drugs	73	
	Regurgitation of food	15	
	Medication to increase thyroid metabolism	39	
	Alcohol use/ abuse	71	
	Enemas	43	
	Ipecac	44	
Sum score of subscale V			
Mean of subscale V (sum/ number of answered items)			

Scoring Sheet SIAB-S last 3 months d)

	Item	Item Nr.	Score 0 – 4
VI	**Atypical Binges (Atyp. Binge)**		
	Atypical eating binges	29	
	Average number of marked atypical eating binges (3 months)	31***	
	Eating more than usual when feeling stressed or overburdend	33	
	Feeling comfortably full after binges	30***	
Sum score of subscale VI			
Mean of subscale VI (sum/ number of answered items)			
Sum score of SIAB-EX Total Scale			
Mean of SIAB-EX Total Scale (sum/ number of answered items)			

*Calculation of Underweight:

BMI	Score
> 19.00	0
19.00 - 17.51	1
17.50 - 16.01	2
16.00 - 14.51	3
<= 14.50	4

**Recode Item 19 as follows

- recode 6,7 or 8 to 0
- recode 2 to 1
- recode 3 to 2
- recode 4 or 5 to 3
- Codes 1 and 9 don`t have to be recoded

*** Item 16 and 75: Recode 5 to 0
Item 23 and 31: Recode 5 to 1
Item 17, 26 and 28: Recode 8 to 0
Item 30: Recode 5, 6, 7 or 8 to 0