

Evaluation Anorexia Nervosa Inventory Scale (ANIS)

22.07.2021

Figure Consciousness	2.8
Insufficiency	2.4
Anancasm	1.4
Negative Effects of Meals	2.3
Sexual Anxieties	2.7
Binge-eating	3.0
Total score	2.4

0 not at all, 1 a little, 2 moderately, 3 considerably, 4 pretty much, 5 very much

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

I cannot stand boredom at all.	not at all
Many demands are put on me which I can hardly cope with.	considerably
I am afraid of becoming too fat.	moderately
Deep inside I feel inferior and helpless.	a little
Thinking of sexual contacts makes me feel very anxious.	moderately
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.	pretty much
When I have eaten I feel sick.	considerably
I have rituals, obsessions or obsessive acts concerning eating.	very much
I often feel hungry but try to overcome and control this feeling.	very much
When I start eating it can happen that I experience an irresistible impuls to eat till I burst.	pretty much
Compared to others I am quite conscientious and exact in whatever I do.	not at all
Having a good figure is very important to me and I often check myself in a mirror.	a little
It is hard for me just to sit around and do nothing.	a little
I feel pressured by the expectations others have of me.	very much
I try to keep up a diet and eat as little fat and carbohydrates as possible (potatoes, sweets, etc.).	moderately
I feel bloated and empty.	not at all
After eating I feel stuffed.	a little
It embarrasses me to see other people sexually aroused.	a little

applies

I am not totally honest about my actual eating habits.	moderately
I feel there is no sense in striving for achievement in life, since all my efforts will not change anything.	considerably
Every time I succeed in fasting for a certain length of time I am proud of it.	not at all
I feel less well after meals than before.	a little
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).	pretty much
There is a point in eating at which I can hardly stop.	moderately
Because of the many demands and expectations that others have of me, I feel that I am not the master of my life.	pretty much
Kissing makes me anxious.	very much
I often hesitate and procrastinate before I start eating.	pretty much
After the meal I feel so sick that I would like to throw up.	pretty much
After eating I worry about gaining too much weight.	pretty much
Whenever I start to do something I feel compelled to do it exactly and perfectly.	a little
I am tense and restless.	a little
I think that I have answered all questions truthfully.	not at all