

## Scoring Anorexia Nervosa Inventory Scale (ANIS)

10.09.2023

Figure Consciousness	2.5
Insufficiency	3.0
Anancasm	2.4
Negative Effects of Meals	1.3
Sexual Anxieties	1.0
Binge-eating	2.0
Total score	2.3

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.	very much
I am afraid of becoming too fat.	not at all
Deep inside I feel inferior and helpless.	very much
Thinking of sexual contacts makes me feel very anxious.	a little
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.	very much
When I have eaten I feel sick.	considerably
I have rituals, obsessions or obsessive acts concerning eating.	a little
I often feel hungry but try to overcome and control this feeling.	not at all
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.	pretty much
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.	moderately

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**applies**

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