

Nine Item Avoidant/Restrictive Food Intake disorder screen (NIAS) - Child



Smart Paediatrics™

		Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1	I am a picky eater	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I dislike most of the foods that other people eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	The list of foods that I like and will eat is shorter than the list of foods I won't eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I am not very interested in eating; I seem to have a smaller appetite than other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I have to push myself to eat regular meals throughout the day, or to eat a large enough amount of food at meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Even when I am eating a food I really like, it is hard for me to eat a large enough volume at meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I avoid or put off eating because I am afraid of GI discomfort, choking, or vomiting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I restrict myself to certain foods because I am afraid that other foods will cause GI discomfort, choking, or vomiting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I eat small portions because I am afraid of GI discomfort, choking, or vomiting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Individuals respond to each question on a scale from 0 (*Strongly Disagree*) to 5 (*Strongly Agree*). Subscales are each scored on a scale from 0–15, with higher scores indicating higher levels of each metric (picky eating, lack of interest, and fear). All items may also be summed to calculate a total score, ranging from 0–45, with higher scores indicating higher levels of avoidant/restrictive eating broadly.