

Survey Instrument

1. Currently, how do you describe yourself? You may select more than one.

- Female
- Male
- Transgender
- Gender fluid
- Other, please specify _____

2. What is your age? _____ Years

3. What is your race/ethnicity? You may select more than one.

- American Indian/Alaska Native
- Asian
- Black/African American
- Hispanic or Latino
- Native Hawaiian or Other Pacific Islander
- White
- Other, please specify _____

3. What year are you at UNM?

- Freshman
- Sophomore
- Junior
- Senior
- Graduate student
- Other (please specify): _____

Over the last two weeks (14 days) , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
4. Feeling nervous, anxious, or on edge	0	1	2	3
5. Not being able to stop or control worrying	0	1	2	3
6. Worrying too much about different things	0	1	2	3
7. Trouble relaxing	0	1	2	3
8. Being so restless that it's hard to sit still	0	1	2	3
9. Becoming easily annoyed or irritable	0	1	2	3
10. Feeling afraid as if something awful might happen	0	1	2	3

11. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- _____ Not difficult at all
_____ Somewhat difficult
_____ Very difficult
_____ Extremely difficult

For each statement, select the response that best matches how much you agree with the statement:

- | | | | | | |
|--|-------------------|----------|----------------------------|-------|----------------|
| 12. I love food | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 13. I often decide that I don't like a food, before tasting it | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 14. I enjoy eating | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 15. I look forward to mealtimes | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 16. I eat more when I'm annoyed | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 17. I often notice my stomach rumbling | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 18. I refuse new foods at first | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 19. I eat more when I'm worried | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 20. If I miss a meal I get irritable | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 21. I eat more when I am upset | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 22. I often leave food on my plate at the end of a meal | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 23. I enjoy tasting new foods | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 24. I often feel hungry when I am with someone who is eating | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 25. I often finish my meals quickly | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 26. I eat less when I'm worried | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 27. I eat more when I am anxious | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 28. Given the choice, I would eat most of the time | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 29. I eat less when I'm angry | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |

30. I am interested in tasting new food I haven't tasted before	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
31. I eat less when I'm upset	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
32. I eat more when I'm angry	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
33. I am always thinking about food	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
34. I often get full before my meal is finished	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
35. I enjoy a wide variety of foods	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
36. I am often last finishing a meal	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
37. I eat more and more slowly during the course of a meal	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
38. I eat less when I'm annoyed	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
39. I often feel so hungry that I have to eat something right away	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
40. I eat slowly	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
41. I can't eat a meal if I have had a snack just before	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
42. I get full easily	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
43. I often feel hungry	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
44. When I see or smell food that I like, it makes me want to eat	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
45. If my meals are delayed I get light-headed	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
46. I eat less when I'm anxious	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree