SCORING INSTRUCTIONS

1) Substance taken in larger amount and for longer period than intended

Question #1

2) Persistent desire or repeated unsuccessful attempts to quit

Question #11

3) Much time/activity to obtain, use, recover

Question #2

4) Important social, occupational, or recreational activities given up or reduced

Question #3

5) Use continues despite knowledge of adverse consequences (e.g., emotional problems, physical problems)

Question #8

6) Tolerance (marked increase in amount; marked decrease in effect)

Question #9

7) Characteristic withdrawal symptoms; substance taken to relieve withdrawal

Question #4

8) Continued use despite social or interpersonal problems

Question #13

9) Failure to fulfill major role obligation (e.g., work, school, home)

Question #7

10) Use in physically hazardous situations

Question #12

11) Craving, or a strong desire or urge to use

Question #10

12) Use causes clinically significant impairment or distress

Questions #5, #6

Each question has a different threshold: 0 = threshold not met, 1 = threshold is met

1) Once a month (=>2): #3, #7, #12, #13

2) Once a week (=>4): #1, #4, #8, #10

3) Two to three times a week (=>5): #2, #5, #6, #9, #11

After computing the threshold for each question, if the score for the symptom criterion is ≥ 1, then the criterion has been met and is scored as 1. If the score = 0, then the symptom criterion has not been met and is scored as 0.

Example:

Tolerance: #24 =1, Criterion Met

Craving #29=0, Criterion Not Met

For the symptom count scoring option, add up all of the scores for each of the 11 criterion (e.g. Tolerance, Withdrawal, Use Despite Negative Consequence). Do not add clinical significance to the score. This score should range from 0 to 11 (0 symptoms to 11 symptoms.)

For the "diagnosis" scoring option, a participant can meet for mild, moderate or severe food addiction. Both the symptom count score and the clinical significance criterion are used.

No Food Addiction = 1 or fewer symptoms

No Food Addiction = Does not meet criteria for clinical significance

Mild Food Addiction = 2 or 3 symptoms and clinical significance

Moderate Food Addiction = 4 or 5 symptoms and clinical significance

Severe Food Addiction = 6 or more symptoms and clinical significance