


# Nine Item Avoidant/Restrictive Food Intake Disorder Screen (NIAS)

The NIAS is a brief self-report questionnaire designed to identify the core symptoms of avoidant/restrictive food intake disorder. It explores three commonly observed clinical presentations: picky eating related to sensory characteristics, low interest in eating or poor appetite, and fear of aversive consequences of eating such as choking, vomiting, or digestive discomfort. Its short format makes it useful as a first-line tool for clinical screening, diagnostic guidance, research, and monitoring changes in symptoms.

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| Number of questions | 9 questions |
| Estimated duration | 2 minutes |
| Language | English |
| Original name | Nine Item Avoidant/Restrictive Food Intake Disorder Screen |
| Target audience | Adolescents and adults |
| Authors | Hana F. Zickgraf, Jordan M. Ellis (2018) |
| Category | Eating disorders |

## Preview of the 9 questions

I am a picky eater

Strongly disagree | Disagree | Slightly disagree | Slightly agree | Agree | Strongly agree

I dislike most of the foods that other people eat

Strongly disagree | Disagree | Slightly disagree | Slightly agree | Agree | Strongly agree

The list of foods that I like and will eat is shorter than the list of foods I won't eat

Strongly disagree | Disagree | Slightly disagree | Slightly agree | Agree | Strongly agree

I am not very interested in eating; I seem to have a smaller appetite than other people

Strongly disagree | Disagree | Slightly disagree | Slightly agree | Agree | Strongly agree

I have to push myself to eat regular meals throughout the day, or to eat a large enough amount of food at meals

Strongly disagree | Disagree | Slightly disagree | Slightly agree | Agree | Strongly agree

### Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

## Scoring & interpretation

Each item is scored from 0 to 5, from strongly disagree to strongly agree. Sum items 1 to 3 for picky eating, items 4 to 6 for poor appetite or lack of interest in eating, and items 7 to 9 for fear of aversive consequences. The total score ranges from 0 to 45, with high scores indicating more pronounced symptomatology. In practice, commonly used screening cutoffs are 10 for picky eating, 9 for appetite, and 10 for fear. Interpretation must be cross-checked against the absence of predominant concerns about weight or body shape and, if necessary, supplemented by a diagnostic interview.


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 Laura V. - Online Psychologist