

## Dietary Habit Questionnaire

Please rate yourself on each of the symptoms listed below using the following scale:

0 – Never   1- Rarely   2 – Occasionally   3 – Frequently   4 – Very Frequently   NA – Not Applicable

- \_\_\_\_\_ 1. Trouble sustaining attention
- \_\_\_\_\_ 2. Lacks attention to detail
- \_\_\_\_\_ 3. Easily distracted
- \_\_\_\_\_ 4. Procrastinate until I have to do something
- \_\_\_\_\_ 5. Restless
- \_\_\_\_\_ 6. Loses things
- \_\_\_\_\_ 7. Difficulty expressing empathy for others
- \_\_\_\_\_ 8. Blurts out answers, interrupts frequently
- \_\_\_\_\_ 9. Impulsive (saying or doing things without thinking first)
- \_\_\_\_\_ 10. Needs caffeine or nicotine in order to focus
  
- \_\_\_\_\_ 11. Gets stuck on negative thoughts
- \_\_\_\_\_ 12. Worries excessively
- \_\_\_\_\_ 13. Tendency toward compulsive or addictive behaviors
- \_\_\_\_\_ 14. Holds grudges
- \_\_\_\_\_ 15. Upset when things do not go your way
- \_\_\_\_\_ 16. Upset when things are out of place
- \_\_\_\_\_ 17. Tendency to be oppositional or argumentative
- \_\_\_\_\_ 18. Dislikes change
- \_\_\_\_\_ 19. Needing to have things done a certain way or you become very upset
- \_\_\_\_\_ 20. Trouble seeing options in situations
  
- \_\_\_\_\_ 21. Feeling sad
- \_\_\_\_\_ 22. Being negative
- \_\_\_\_\_ 23. Feeling dissatisfied
- \_\_\_\_\_ 24. Feeling bored
- \_\_\_\_\_ 25. Low energy
- \_\_\_\_\_ 26. Decreased interest in things that are usually fun or pleasurable
- \_\_\_\_\_ 27. Feeling of hopelessness, helplessness, worthlessness, or guilt
- \_\_\_\_\_ 28. Crying spells
- \_\_\_\_\_ 29. Chronic low self-esteem
- \_\_\_\_\_ 30. Social isolation
  
- \_\_\_\_\_ 31. Feeling of nervousness and anxiety
- \_\_\_\_\_ 32. Feeling of panic
- \_\_\_\_\_ 33. Symptoms of heightened muscle tension, such as headaches or sore muscles
- \_\_\_\_\_ 34. Tendency to predict the worst
- \_\_\_\_\_ 35. Avoid conflict
- \_\_\_\_\_ 36. Excessive fear of being judged or scrutinized by others
- \_\_\_\_\_ 37. Excessive motivation, trouble something bad to happen
- \_\_\_\_\_ 38. Lacks confidence in their abilities
- \_\_\_\_\_ 39. Always watching for something bad to happen
- \_\_\_\_\_ 40. Easily startled
  
- \_\_\_\_\_ Total Number