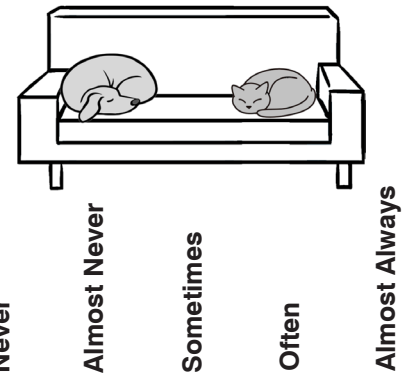


SOFAA-A | SURVEY OF FOOD ALLERGY ANXIETY ADULT REPORT



Directions:

Circle the number next to each statement that best describes you for the last week.

PLEASE COMPLETE ALL ITEMS.

Even if there are safe foods for me...

	Never	Almost Never	Sometimes	Often	Almost Always
1. I am scared to eat the food from a NEW restaurant.	0	1	2	3	4
2. I am scared to eat the food from a restaurant I have already been to.	0	1	2	3	4
3. I try NOT to be touched by someone, because I am scared this will give me an allergic reaction.	0	1	2	3	4
4. I am scared to eat at parties or the homes of my friends.	0	1	2	3	4
5. I am scared to eat at the group lunch table at work or school.	0	1	2	3	4
6. I am scared to eat the food served at work or school.	0	1	2	3	4
7. I am scared to eat anything at work or school, <i>even if</i> I brought the food from home.	0	1	2	3	4
8. I am too scared to eat food when I am NOT with my partner or parent, like when I am staying alone or at a social event without them.	0	1	2	3	4
9. I am afraid of smelling the foods I am allergic to.	0	1	2	3	4
10. I am scared to touch safe foods because of the chance of an allergic reaction.	0	1	2	3	4
11. I am scared that a food I am allergic to will make me very sick if it touches me.	0	1	2	3	4
12. I am scared to sit next to someone who is eating a food that I am allergic to.	0	1	2	3	4
13. I am scared to eat safe foods that have been next to foods I am allergic to.	0	1	2	3	4
14. I spit out food too much because I am afraid of having an allergic reaction.	0	1	2	3	4
15. I wash my hands too much because I am afraid of having an allergic reaction.	0	1	2	3	4
16. I will not try new foods, <i>even if</i> an adult I trust says the food is safe to eat.	0	1	2	3	4
17. I visit the doctor too much because of my fears about my food allergy.	0	1	2	3	4
18. I check or ask others to check my mouth or body too much to make sure I am not having an allergic reaction to food.	0	1	2	3	4
19. I check food labels more than I need to because I am scared.	0	1	2	3	4
20. I ask my doctor, partner, or parents too many times if a food is safe for me to eat.	0	1	2	3	4
21. I try not to touch things like door handles, phones, or clean surfaces because I am afraid of having a food allergy reaction.	0	1	2	3	4