

The following questionnaire is about measuring the severity of fear of vomiting and vomit. Please read each question carefully and, on the 1-5 scale below indicate your response by circling the appropriate number next to each question. Please try to answer as many questions as you can without using the 'unsure' response.

1	2	3	4	5
Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree

1	I notice my stomach begins to turn when exposed to vomit.	1	2	3	4	5
2	I notice other physical anxiety symptoms (e.g. hearth palpitations, sweating, trembling or shaking) when exposed to vomit.	1	2	3	4	5
3	Exposure to vomit can cause sickness and/or illness.	1	2	3	4	5
4	If I see vomit, I may be sick myself.	1	2	3	4	5
5	If I smell vomit, I may be sick myself.	1	2	3	4	5
6	I avoid places where others may vomit.	1	2	3	4	5
7	I avoid adults who may be likely to vomit.	1	2	3	4	5
8	I avoid children who may be likely to vomit.	1	2	3	4	5
9	My concern about vomiting increases when I get anxious.	1	2	3	4	5
10	I notice when I am anxious, my stomach gets upset.	1	2	3	4	5
11	I become anxious when I feel nauseous.	1	2	3	4	5
12	It is dangerous to feel nauseous.	1	2	3	4	5
13	I worry when I feel nausea, I may vomit.	1	2	3	4	5
14	I avoid eating poultry food like chicken because I may vomit.	1	2	3	4	5
15	I avoid places like fish markets because I may vomit.	1	2	3	4	5
16	I avoid fast moving activities like rides at the theme park, because I may vomit.	1	2	3	4	5
17	I avoid sea travel (boats, etc.) because I may become nauseous/vomit.	1	2	3	4	5
18	I avoid air travel because I may become nauseous/vomit.	1	2	3	4	5
19	I avoid other forms of transport because I may become nauseous/vomit.	1	2	3	4	5
20	I avoid places where there is no medical attention, because I may become nauseous/vomit.	1	2	3	4	5
21	I avoid places where there are no facilities to cater if I become nauseous/vomit.	1	2	3	4	5