

EmetQ-13

Instructions. The following questionnaire is designed to measure the severity of fear of vomiting over the past week, including today. Please read each question carefully and, on the 1 to 5 scale indicate your response by circling the appropriate number next to each question.

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

1	I avoid air travel because I may become nauseous/vomit	1	2	3	4	5
2	I avoid other forms of transport because I may become nauseous/vomit	1	2	3	4	5
3	I avoid sea travel (boats, etc.) because I may become nauseous/vomit	1	2	3	4	5
4	I avoid places where there are no facilities to cater if I become nauseous/vomit	1	2	3	4	5
5	I avoid places where there is no medical attention, because I may become nauseous/vomit	1	2	3	4	5
6	I avoid fast-moving activities like rides at the theme park, because I may vomit	1	2	3	4	5
7	If I see vomit, I may be sick myself	1	2	3	4	5
8	If I smell vomit I may be sick myself	1	2	3	4	5
9	Exposure to vomit can cause sickness and/or illness	1	2	3	4	5
10	I avoid adults who may be likely to vomit	1	2	3	4	5
11	I avoid children who may be likely to vomit	1	2	3	4	5
12	I avoid places where others may vomit	1	2	3	4	5
13	I notice physical anxiety symptoms when exposed to vomit	1	2	3	4	5
	Total					

Boschen, M. J., Veale, D., Ellison, N., and Reddell, T. (2013) 'The emetophobia questionnaire (EmetQ-13): Psychometric validation of a measure of specific phobia of vomiting (emetophobia).' *Journal of Anxiety Disorders* 27, 7, 670–677.