

EmetQ-13 (Boschen et al, 2013)

Date _____

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

Total