Supplementary

Yvonne H’oller 1,*, Mark van Overveld 2, Heili Jutglar 1 and Eugen Trinka 1

1 Department of Neurology, Christian-Doppler-Klinik, Paracelsus Medical University, Ignaz-Harrer-Street 79, Salzburg 5020, Austria; E-Mails: heili.jutglar@sbg.ac.at; e.trinka@salk.at
2 Rotterdam School of Management, Erasmus University Rotterdam, Burgemeester Oudlaan 50, PA Rotterdam 3062, The Netherlands; E-Mail: moverveld@rsm.nl

* Author to whom correspondence should be addressed; E-Mail: y.hoeller@salk.at;
Tel.: +43-662-4483966; Fax: +43-662-44833004.

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Questionnaire

Please take your time to answer the questions. Your answers will be handled confidentially and all the information is anonymous—so please answer as truthfully as possible!

Rate the following statements of the presented scales by accenting (italic, underlined, shaded, colored…) or highlighting the answer to the question that seems the most appropriate for you. There is also the possibility of choosing more than one option, that is when there are multiple options such as a, b, c…, then you can choose more than one if they are the case.

There’s also the possibility of answering freely, you can identify such questions when you see a dotted line: Question? You can insert your answer in such gaps.

(1) I suffer from nausea

strongly agree partly agree partly disagree strongly disagree

since when? Please answer in age when it started:__________________________________________

have you suffered from nausea permanently ever since it started or were there times when you felt better?

Permanently with intermissions

if with intermissions, how many where there?..............................................

and how long did these intermissions last in average?.................................
(2) You feel so nauseous...

that you think you won’t stand it any longer

<table>
<thead>
<tr>
<th>Strongly Agree</th>
<th>Partly Agree</th>
<th>Partly Disagree</th>
<th>Strongly Disagree</th>
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<tbody>
<tr>
<td>strongly agree</td>
<td>partly agree</td>
<td>partly disagree</td>
<td>strongly disagree</td>
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that you nearly have to vomit?

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<th>Strongly Agree</th>
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<th>Partly Disagree</th>
<th>Strongly Disagree</th>
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<tr>
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that you have to vomit every time

<table>
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<th>Partly Disagree</th>
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that you sometimes would prefer to just vomit already, to get rid of the nausea

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<tr>
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<th>Partly Disagree</th>
<th>Strongly Disagree</th>
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<td>partly disagree</td>
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(3) Does this nausea interfere with your routine duties?

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<th>Partly Disagree</th>
<th>Strongly Disagree</th>
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(4) Do you know the situations that cause the nausea?

yes  no

if yes, which situations are these?

Incidents

a) in my family

b) at work

c) with my partner

d) with my friends

e) regarding world affairs

f) regarding my health

g) certain types of food

if g), which?

i) fatty dishes

ii) sugary dishes

iii) spicy dishes

others: .................................................................

h) stress

i) diseases

j) other triggers: .................................................................

(5) Have you ever been to a doctor, to get yourself and especially your stomach examined?

yes  no

if yes: How often have you been to the doctor?

1 time  2 times  3–5 times  5–10 times  more often

what was the diagnosis?

psychic causes  physical causes  both  no diagnose

More precisely: Wich diagnosis? ....................................................

(6) Are you afraid of vomit?

yes  no

if yes, please name your age when this fear first occurred:.................................

do you suffer from this fear constantly since it first occurred or where there times when you felt better?

constantly  with intermissions
if with intermissions, how many were there? ........................................
and how long did the intermissions last on average? ..............................
Are you more afraid of vomiting yourself or of seeing others vomiting?
self       others
Is the fear larger in a private setting (e.g. at home) or in a public setting (e.g. at work, when shopping...)?
private setting   public setting
how intensive is the fear of vomit? Please try to express the fear in percent, if
0% no fear at all       30% moderate fear       60% great fear
90% very intensive fear       100% unbearable fear
Please rate here in %:   10   20   30   40   50   60   70   80   90   100

(7) What are you most afraid of with respect to vomit/vomiting?

a) the sound              b) the smell              c) the sight of vomit

d) the gag feeling        e) being disgusted of myself  f) fear of suffocating

g) others:.................................................................

(8) What are you most afraid of: Vomiting yourself or to be confronted with it through other people?

self       others       both equally

(9) Does the fear of vomit prevent you from leading a normal life?

yes       no
if yes, which parts of your life are especially constricted?
a) job      b) education     c) relationships    d) leisure/hobbies
e) nutrition       f) independence (being able to be alone, live alone…)
for women: g) I avoid pregnancy JUST because of the fear of the pregnancy related sickness

(10) How long have you suffered from fear of vomit?

Answer in years/moths:.................................

(11) How much do you weigh?         How tall are you?

...........................................kg        ...........................................m

(12) Are you satisfied with your weight?

no, I’m too skinny       yes, I’m just right       no, I’m too heavy
(13) Do you think you eat normally, as other people do?

yes  no

if not: Why do you eat differently?

a) diabetes  b) allergies  c) diet  d) afraid of gaining weight
e) afraid of vomiting  f) others:……………………………………

if not, where does this fear impair you especially?

a) I lack energy for work and leisure, because I don’t eat enough
b) I can never eat what was cooked, I eat separately
c) I can’t go to restaurants
d) I’m constantly thinking of excuses when someone invites me over to eat
e) others:…………………………………………………………………………………………

(14) Do you abstain from certain dishes because of the emetophobia?

yes  no

if yes, which ones?………………………………………………

(15) Are you afraid of certain dishes?

yes  no

if yes, afraid of:

a) fat  b) sugar  c) alcohol  d) bacteria
e) food gone bad  f) others:……………………………………

why?

a) because these dishes will make me fat
   strongly agree  partly agree  partly disagree  strongly disagree
b) because these dishes might make me vomit

yes  no

(16) Are there other things that you avoid because of the fear of vomit, apart from certain dishes?

yes  no

if yes, which other things?
…………………………………………………………………………………………………. 

(17) Do you suffer from other psychological diseases apart from the emetophobia?

yes  no

if yes, which diseases are these? Please specify if you assume to have this disease or if it is a diagnosis from a doctor (psychiatrist) or a psychologist!
…………………………………………………………………………………………………. 

Personal Information:

Age: ..............................
Sex: male  female
Education: School years: a) apprenticeship; b) school; c) university; d) other
Occupation: ........................................
Family: married: yes  no;  children (number): .................................
Living: a) alone; b) with partner; c) with parents/ other relatives; d) flat sharing

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