



## SOFAA-C | SURVEY OF FOOD ALLERGY ANXIETY CHILD REPORT

Directions:

**FOR THE LAST WEEK ONLY**, circle the number next to each statement that best describes you.

### 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 regular lunch table at school or camp.	0	1	2	3	4
6. I am scared to eat the food served by my school or camp.	0	1	2	3	4
7. I am scared to eat anything at school or camp, <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 with an adult who is not my parent, like when I am staying with a family member or at a friend's house.	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> my parent says the food is safe to eat.	0	1	2	3	4
17. I visit the nurse too much because of my fears about my food allergy.	0	1	2	3	4
18. I check or ask my parent 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 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