

## INSIDEOUT INSTITUTE SCREENER (IOI-S) (2018)

The IOI-S is a digital screening tool designed to assess broad eating disorder risk and symptomatology, validated for individuals aged 14 and over. It covers six facets of common eating disorder psychopathology including an individual's relationship with food, the extent to which body shape and weight determines self-worth, preoccupation with food or body weight, food-related anxiety, loss of control over eating, and compensatory behaviour. It is not a diagnostic tool or comprehensive assessment, but can be used to indicate further assessment for likely eating disorder where an individual scores 19 or above (out of 30).

The IOI-S is not a substitute for professional clinical advice. You should always seek the advice of a qualified health professional with any questions you have regarding your health. Do not disregard professional medical advice or delay seeking treatment because of any result provided by the screener. The IOI-S does not assess for ARFID, Pica or Rumination Disorder. As these are newly categorised in the DSM-5, appropriate assessment tools (e.g., the PARDI-AR-Q) are currently being developed. We will be adding a relevant tool to our digital suite when available. If you have concerns related to symptoms of ARFID/PICA/RD please seek independent medical advice. You can read more about the different types of eating disorders by visiting InsideOut Institute's [resource library](#)

### IOI-Screener

#### **1. How is your relationship with food?**

*(For example: is food and eating worry free, or is it full of worry and stress?)*

1. Worry and Stress Free
2. A bit problematic
3. Moderately problematic
4. Very problematic
5. Full of worry and stress

#### **2. Does your weight, body or shape make you feel bad about yourself?**

*(For example: the number on the scale, the shape of your body or a part of your body.)*

1. Never
2. A little bit
3. Sometimes
4. Quite a bit
5. All the time

#### **3. Do you feel like food, weight or your body shape dominates your life?**

*(For example: experiencing constant thoughts about food, weight or your body.)*

1. Never
2. A little bit
3. Sometimes
4. Quite a bit
5. All the time

#### **4. Do you feel anxious or distressed when you are not in control of your food?**

*(For example: when others cook or prepare food for you or when eating out.)*

1. Never
2. A little bit

3. Sometimes
4. Quite a bit
5. All the time

**5. Do you ever feel like you will not be able to stop eating or have lost control around food?**

(For example: feeling that you have no control around food, that you binge eat or fear that you will binge eat.)

1. Never
2. A little bit
3. Sometimes
4. Quite a bit
5. All the time

**6. When you think you have eaten too much, do you do anything to make up for it?**

(For example: skipping the next meal, going light on the next meal, working it off with exercise, purging via vomiting or taking laxatives, diuretics or diet pills.)

1. Never
2. A little bit
3. Sometimes
4. Quite a bit
5. All the time

### Scoring

The IOI-S is rated on a 5-point Likert scale, where 1 point is given for ‘Never’ and 5 points for ‘All the time’, except for question 1, where 1 point is given for ‘Worry and stress free’ and 5 points for ‘Full of worry and stress’. Items do not refer to a particular timeframe, e.g., the previous 28 days—rather they are about how an individual *typically* feels and are designed to “start a conversation”.

Add answers up for a sum total score between 6 and 30 points.

#### ***IOI-S Total Score thresholds***

**≤12 Low risk:** Individual is at low risk of developing an eating disorder

**13 – 15 Moderate risk:** Individual is at moderate risk of developing an eating disorder (MONITOR)

**16 – 18 High risk:** Individual is at high risk of developing an eating disorder and should be regularly monitored as well as engaged in appropriate psychoeducation with a healthcare professional or GP (ENGAGE)

**≥19 Showing signs:** Individual likely has a sub-threshold or threshold eating disorder and should be referred to specialist services for further assessment (REFER). Scores closer to 30 can be understood as indicating greater symptom severity.

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#### **Citation:**

Bryant, E., Miskovic-Wheatley, J., Touyz, S.W. *et al.* Identification of high risk and early stage eating disorders: first validation of a digital screening tool. *J Eat Disord* 9, 109 (2021).  
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