

Appendix in Fairburn C.G. **Cognitive Behavior Therapy and Eating Disorders**. Guilford Press, New York, 2008.

- APPENDIX III -

THE CLINICAL IMPAIRMENT ASSESSMENT QUESTIONNAIRE (CIA)

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Nature and Use of the CIA

The Clinical Impairment Assessment questionnaire (CIA) is a 16-item self-report measure of the severity of psychosocial impairment due to eating disorder features (Bohn and Fairburn, 2008). It focuses on the past 28 days. The 16 items cover impairment in domains of life that are typically affected by eating disorder psychopathology: mood and self-perception, cognitive functioning, interpersonal functioning and work performance. The purpose of the CIA is to provide a simple single index of the severity of psychosocial impairment secondary to eating disorder features.

The CIA is designed to be completed immediately after filling in a measure of current eating disorder features that covers the same time frame (e.g., the Eating Disorder Examination questionnaire, EDE-Q; Fairburn and Beglin, 1994). This ensures that patients have their eating disorder features “at the front of their mind” when filling in the CIA.

The CIA is intended to assist in the clinical assessment of patients both before and after treatment. It is also suitable for use in epidemiological studies.

Status of the CIA

Tests of reliability, validity, sensitivity to change and the instrument’s ability to predict case status have been conducted, all of which support its use (Bohn et al, in preparation; see below). Scores for different patient groups will be added to this document in due course.

Investigators are welcome to use the CIA free of charge on three conditions:

1. It is understood that it is an instrument in evolution rather than a final version.
2. It is understood that it is under copyright.
3. In any publication the following citation is used for the instrument:

Bohn K, Fairburn CG. The Clinical Impairment Assessment Questionnaire (CIA 3.0). In Fairburn CG (ed). *Cognitive Behavior Therapy and Eating Disorders*. New York: Guilford Press, 2008.

Scoring of the CIA

Each item is rated on a Likert scale with the response options being ‘Not at all’, ‘A little’, ‘Quite a bit’, and ‘A lot’. These responses are scored 0, 1, 2 and 3 respectively with a higher rating indicating a higher level of impairment. Since it is the purpose of the CIA to measure the *overall severity* of secondary psychosocial impairment, a global CIA impairment score is calculated. To obtain the global CIA impairment score the ratings on all items are added together with prorating of missing ratings, so long as at least 12 of the 16 items have been rated. The resulting score ranges from 0 to 48 with a higher score being indicative of a higher level of secondary psychosocial impairment. A ROC analysis showed that a global impairment score of 16 was the best cut-point for predicting eating disorder case status (Bohn et al., in preparation).

New Data on the CIA

We would like to invite investigators to share CIA data with us in order to aid the ongoing development of the instrument.

References

- Bohn K, Doll HA, Cooper Z, O'Connor ME, Palmer RL, Fairburn CG (in preparation). The measurement of impairment due to eating disorder psychopathology.
- Fairburn CG, Beglin SJ (2008). Eating Disorder Examination Questionnaire (EDE-Q 6.0). In Fairburn CG (ed). *Cognitive Behavior Therapy and Eating Disorders* (pp. 309-313). New York: Guilford Press.

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INSTRUCTIONS

Please place an 'X' in the column which best describes how your eating habits, exercising or feelings about your eating, shape or weight have affected your life over the past four weeks (28 days). Thank you.

		Not at all	A little	Quite a bit	A lot
	Over the past 28 days, to what extent have your ...eating habits ...exercising or feelings about your eating, shape or weight ...				
1	... made it difficult to concentrate?				
2	... made you feel critical of yourself?				
3	... stopped you going out with others?				
4	... affected your work performance (if applicable)?				
5	... made you forgetful?				
6	... affected your ability to make everyday decisions?				
7	... interfered with meals with family or friends?				
8	... made you upset?				
9	... made you feel ashamed of yourself?				
10	... made it difficult to eat out with others?				
11	... made you feel guilty?				
12	... interfered with you doing things you used to enjoy?				
13	... made you absent-minded?				
14	... made you feel a failure?				
15	... interfered with your relationships with others?				
16	... made you worry?				