

## The Starvation Symptom Inventory (SSI)

### Nature and Use

The Starvation Symptoms Inventory (SSI) is a 15 items self-report measure that examines the symptoms of starvation in underweight patients with eating disorders. It is focused on the past 28 days. The SSI can be easily integrated in routine clinical practice to assess the starvation symptoms in underweight patients with eating disorders and to assess their changes during the process of weight restoration in those who attend specialized eating disorder treatments. It can be also used in the studies which assess the effect of the treatment of eating disorder.

### Status of the SSI

The design and validation of the SSI has been published on *Nutrients*. Principal component analysis identified a single-factor, 15-item scale, which demonstrated good internal consistency ( $\alpha = 0.91$ ) and test-retest reliability ( $r = 0.90$ ). The SSI global score was significantly correlated with eating disorder and general psychopathology, demonstrating good convergent validity. SSI scores were significantly higher in the anorexia nervosa sample than in the healthy control, not-underweight eating disorder and bipolar depressive episode samples. These findings suggest that the SSI is a valid self-report questionnaire that may provide important clinical information regarding symptoms of starvation in patients with anorexia nervosa.

The structure of the SSI mirrors that of EDE-Q, and participants are asked to provide an estimate of the number of days out of the preceding 28 (four weeks) in which they have experienced these symptoms on a 7-point Likert scale ranging from 'never' (0) to 'always' (6).

### Scoring of the SSI

The score of the questionnaire is obtained by adding the scores of the 15 items. The resulting scores range from 0 to 90, where the highest score indicates increased frequency of starvation symptoms over the last 28 days. In patients with anorexia nervosa the average score obtained is 55.1 while in healthy controls 10.4.

### Copyright

The SSI (and its items) is under copyright. It is freely available for non-commercial research use only and no permission need to be sought.

For commercial use of the SSI contact: [rdalleg@gmail.com](mailto:rdalleg@gmail.com)

### Reference

Calugi, S., Miniati, M., Milanese, C., Sartirana, M., El Ghoch, M., & Dalle Grave, R. (2017). The Starvation Symptom Inventory: Development and Psychometric Properties. *Nutrients*, 9(9), 967.  
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