

ANEXO 1: Cuestionario versión ingles

P1	Food tastes different from what used to.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
P2	Often I perceive a bad smell, regardless whether a potential odor source is present.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
P3	Other people find odors pleasant which are unpleasant to me.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
P5	My biggest problem is not that odors are less intense (or absent), but that things smell different from what they used to.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f

1	Because of my smell disorder, I go to restaurants less often than I used to.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
4	From waking up until bedtime, I am aware of my difficulties with smelling.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
11	The difficulties with smelling impair my appreciation of drinks and foods.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
13	I am worrying if I will ever be able to handle this problem.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
14	I always keep a promise, no matter how difficult it is to do what I have promised.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f

15	Because of the changes in my smelling ability, I feel more tense than I used to be.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
17	Sometimes I have thoughts and ideas I would not want other people to know of.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
19	Most of my problems are due to the difficulties with smelling.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
22	The difficulties with smelling disturb me when I am eating.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f
23	My behavior is always good and impeccable.	I agree	f
		I agree partly	f
		I disagree partly	f
		I disagree	f

26	Because of my difficulties with smelling, I visit friends, relatives, or neighbors less often.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
27	Because of my difficulties with smelling, I try harder to relax.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
28	Because of the difficulties with smelling, I have weight problems.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑

31	Among all the people I know, there are some I cannot stand at all.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
32	I can imagine to adjust to my difficulties with smelling.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
33	The difficulties with smelling make me feel being ostracized.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
34	Because of my problems with smelling I avoid groups of people.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
35	Difficulties with smelling are among the problems of life, one has to live with.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑

36	I never ever was late at an appointment or at work.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
37	Because of my problems with smelling I eat more/ less than in the past.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
39	Because of the difficulties with smelling, I am scared of getting exposed to certain dangers (e.g., gas, rotten food).	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
42	Because of the difficulties with smelling, I have problems with taking part in activities of the daily life.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
48	Sometimes I am talking of things I do not understand.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑
49	The difficulties with smelling make me feel angry.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑

50	Because of the difficulties with smelling, my relationship to my spouse is disturbed.	I agree	↑
		I agree partly	↑
		I disagree partly	↑
		I disagree	↑

Please use the scale below to rate how **annoying** the difficulties with smelling are to you.

not annoying
at all

extremely
annoying

Please use the scale below to rate how **often** you become aware of the difficulties with smelling.

never

extremely

Please indicate on the scale below how severely the difficulties with smelling affected your **professional performance** during the last month.

not at all

extremely

Please indicate on the scale below how severely the difficulties with smelling affected your **recreational activities** during the last month.

not at all

extremely

Please indicate on the scale below how severely the difficulties with smelling affected your **private life** during the last month.

not at all

extremely