

*Appendix C*

**Final 45-item Version of the EPSI\***

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# EPSI®

Below is a list of experiences and problems that people sometimes have. Read each item to determine how well it describes your recent experiences. Then select the option that best describes **how frequently** each statement applied to you **during the past four weeks, including today**. Use this scale when answering:

0	1	2	3	4
Never	Rarely	Sometimes	Often	<u>Very Often</u>

1. I did not like how clothes fit the shape of my body 1.\_\_\_\_\_
2. I tried to exclude “unhealthy” foods from my diet 2.\_\_\_\_\_
3. I ate when I was not hungry 3.\_\_\_\_\_
4. People told me that I do not eat very much 4.\_\_\_\_\_
5. I felt that I needed to exercise nearly every day 5.\_\_\_\_\_
6. People would be surprised if they knew how little I ate 6.\_\_\_\_\_
7. I used muscle building supplements 7.\_\_\_\_\_
8. I pushed myself extremely hard when I exercised 8.\_\_\_\_\_
9. I snacked throughout the evening without realizing it 9.\_\_\_\_\_
10. I got full more easily than most people 10.\_\_\_\_\_
11. I considered taking diuretics to lose weight 11.\_\_\_\_\_
12. I tried on different outfits, because I did not like how I looked 12.\_\_\_\_\_
13. I thought laxatives are a good way to lose weight 13.\_\_\_\_\_
14. I thought that obese people lack self-control 14.\_\_\_\_\_
15. I thought about taking steroids as a way to get more muscular 15.\_\_\_\_\_
16. I used diet teas or cleansing teas to lose weight 16.\_\_\_\_\_
17. I used diet pills 17.\_\_\_\_\_
18. I did not like how my body looked 18.\_\_\_\_\_
19. I ate until I was uncomfortably full 19.\_\_\_\_\_

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Never	Rarely	Sometimes	Often	<u>Very Often</u>

20. I felt that overweight people are lazy 20.\_\_\_\_\_
21. I counted the calories of foods I ate 21.\_\_\_\_\_
22. I planned my days around exercising 22.\_\_\_\_\_
23. I thought my butt was too big 23.\_\_\_\_\_
24. I did not like the size of my thighs 24.\_\_\_\_\_
25. I wished the shape of my body was different 25.\_\_\_\_\_
26. I was disgusted by the sight of an overweight person wearing tight clothes 26.\_\_\_\_\_
27. I made myself vomit in order to lose weight 27.\_\_\_\_\_
28. I did not notice how much I ate until after I had finished eating 28.\_\_\_\_\_
29. I considered taking a muscle building supplement 29.\_\_\_\_\_
30. I felt that overweight people are unattractive 30.\_\_\_\_\_
31. I engaged in strenuous exercise at least five days per week 31.\_\_\_\_\_
32. I thought my muscles were too small 32.\_\_\_\_\_
33. I got full after eating what most people would consider a small amount of food 33.\_\_\_\_\_
34. I was not satisfied with the size of my hips 34.\_\_\_\_\_
35. I used protein supplements 35.\_\_\_\_\_
36. People encouraged me to eat more 36.\_\_\_\_\_
37. If someone offered me food, I felt that I could not resist eating it 37.\_\_\_\_\_
38. I was disgusted by the sight of obese people 38.\_\_\_\_\_
39. I stuffed myself with food to the point of feeling sick 39.\_\_\_\_\_

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40. I tried to avoid foods with high calorie content 40. \_\_\_\_\_
41. I exercised to the point of exhaustion 41. \_\_\_\_\_
42. I used diuretics in order to lose weight 42. \_\_\_\_\_
43. I skipped two meals in a row 43. \_\_\_\_\_
44. I ate as if I was on auto-pilot 44. \_\_\_\_\_
45. I ate a very large amount of food in a short period of time (e.g., within 2 hours) 45. \_\_\_\_\_

## EPSI<sup>®</sup> Scoring

Directions: This page should not be administered to participants/patients. Sum the scores for individual items for each scale (see below).

### *Body Dissatisfaction*

#1, #12, #18, #23, #24, #25, #34

### *Binge Eating*

#3, #9, #19, #28, #37, #39, #44, #45

### *Cognitive Restraint*

#2, #21, #40

### *Purging*

#11, #13, #16, #17, #27, #42

### *Restricting*

#4, #6, #10, #33, #36, #43

### *Excessive Exercise*

#5, #8, #22, #31, #41

### *Negative Attitudes toward Obesity*

#14, #20, #26, #30, #38

### *Muscle Building*

#7, #15, #29, #32, #35