

DESCRIBING HOW WEIGHT AFFECTS YOUR LIFE

Youth Quality of Life Instrument -
Weight Module (YQOL-W)



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The authors recommend using the YQOL-SF or YQOL-R (generic instruments) in conjunction with the YQOL-W. For more information about these instruments visit:
<http://depts.washington.edu/yqol/instruments/YQOL-W.htm>

How Does Your Weight Affect Your Life

Following are sentences that describe how you may feel about yourself and your weight. After you read each sentence choose the one number that best describes how you feel about your life RIGHT NOW.

After you read each sentence, please circle one number on the scale from 0 (Not at all) to 10 (Very Much) that best describes how YOU FEEL ABOUT YOUR LIFE RIGHT NOW.

1. I feel **depressed** about how much I weigh ... (please circle one number)^{self}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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2. I feel **ashamed** about my weight ... (please circle one number)^{self}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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3. I feel **uncomfortable** around people who are skinnier than I am ... (please circle one number)^{self}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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4. Because of my weight I **feel the need** to wear clothes that hide my body ... (please circle one number)^{self}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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5. Because of my weight other **people think** I am unattractive ... (please circle one number)^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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6. Because of my weight I **try to hide** behind other people when I get my picture taken ... (please circle one number) ^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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7. Because of my weight I am **embarrassed** to exercise around other people... (please circle one number) ^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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8. Because of my weight I am **embarrassed** to eat around other people ... (please circle one number) ^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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9. Because of my weight I **try to avoid** people noticing me ... (please circle one number) ^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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10. Because of my weight I **worry** about what people say about me ... (please circle one number) ^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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11. Because of my weight I feel **uncomfortable** at socialial events ... (please circle one number) ^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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12. I feel like a **loser** when people tease me about my weight ... (please circle one number) ^{social}

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NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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13. Because of my weight my body feels **uncomfortable** when I move around ... (please circle one number) ^{environment}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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14. Because of my weight I **avoid** being seen in a swim suit ... (please circle one number) ^{environment}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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15. Because of my weight it is **hard** to find a girlfriend or boyfriend ... (please circle one number) ^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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16. I think that people **stare** at me because of my weight ... (please circle one number) ^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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17. Because of my weight I feel people my age **do not include** me in things ... (please circle one number) ^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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18. I worry that my weight will **prevent** me from getting a good job ... (please circle one number) ^{social}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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19. Because of my weight **it is difficult** for me to wear the clothes I want to wear ... (please circle one number) ^{environment}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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20. Because of my weight it is **hard** for me to find clothes that fit me ... (please circle one number)^{environment}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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21. Because of my weight exercising is **hard** for me... (please circle one number)^{environment}

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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