

Weight and Quality of Life Instrument (WQLT)[©]



Donald L. Patrick, PhD, MSPH, Principal Investigator
University of Washington
Seattle Quality of Life Group
146 North Canal Street, Suite 313
Seattle, Washington 98103-8652
(800) 291-2193

***** Note: Do not reproduce without permission of the authors. *****

To all participants:

Many teens are taking part in this important survey. This survey will help us understand your thoughts and concerns so that better programs can be developed to help teens better manage their weight.

The questions in this survey ask about a wide range of concerns and feelings. Some of these may or may not be important to you.

This is NOT a test; there are no right or wrong answers. Please answer as honestly as you can. Your responses will be kept strictly secret.

Thank you for your help!



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)*

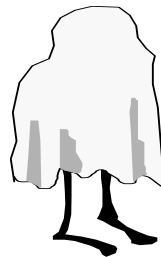
NOT AT ALL 0 1 2 3 4 5 6 7 8 9 10 VERY MUCH

2. I feel **ashamed** about my weight ... *(please circle one number)*

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

3. I feel **uncomfortable** around people who are skinnier than I am ... *(please circle one number)*

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



4. Because of my weight I **feel the need** to wear clothes that hide my body ... *(please circle one number)*

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

5. Because of my weight other **people think** I am unattractive ... *(please circle one number)*

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

6. Because of my weight I ***try to hide*** behind other people when I get my picture taken ... *(please circle one number)*

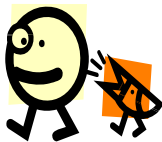
NOT AT ALL 0 1 2 3 4 5 6 7 8 9 10 VERY MUCH

7. Because of my weight I am ***embarrassed*** to exercise around other people... *(please circle one number)*

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

8. Because of my weight I am ***embarrassed*** to eat around other people ... *(please circle one number)*

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



9. Because of my weight I ***try to avoid*** people noticing me ... *(please circle one number)*

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

10. I feel I can ***control*** how much I weigh ... *(please circle one number)*

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

11. Because of my weight I ***worry*** about what people say about me ... *(please circle one number)*

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

12. Because of my weight I feel ***uncomfortable*** at social events ... *(please circle one number)*

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

13. I feel like a **loser** when people tease me about my weight ... *(please circle one number)*

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

14. Because of my weight I feel **down on myself** ... *(please circle one number)*

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



15. Because of my weight my body feels **uncomfortable** when I move around ... *(please circle one number)*

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

16. Because of my weight I **try to avoid** exercise ... *(please circle one number)*

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

17. Because of my weight I **avoid** being seen in a swim suit ... *(please circle one number)*

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

18. Because of my weight I have **problems making** friends ... *(please circle one number)*

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

19. My family makes me feel **bad** about my weight ... *(please circle one number)*

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

20. Because of my weight it is **hard** to find a girlfriend or boyfriend ... *(please circle one number)*

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

21. I think that people **stare** at me because of my weight ... *(please circle one number)*

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



22. Because of my weight I feel people my age **do not include** me in things ... *(please circle one number)*

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

23. I worry that my weight will **prevent** me from getting a good job ... *(please circle one number)*

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

24. Because of my weight **it is difficult** for me to wear the clothes I want to wear ... *(please circle one number)*

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

25. Because of my weight it is **hard** for me to find clothes that fit me ... *(please circle one number)*

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

26. Because of my weight exercising is **hard** for me... *(please circle one number)*

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

Is there anything else you would like to tell us? *(please write your answer below):*

We realize that answering these questions may have brought up some unpleasant issues for you. If you have been upset at all by this experience, we would encourage talking about it with someone close to you, such as a parent, friend, counselor, or doctor.

