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| How Does Your Weight Affect Your Life?  **The following sentences describe how you may feel about yourself and your weight.. After you read each sentence choose the** one number on the scale from 0 (Not at all) to 10 (Very Much) **that best describes how you feel 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** | | |
| 1. 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** | | |
| 1. I feel ill at ease 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** | | |
| 1. Because of my weight I 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** | | |
| 1. Because of my weight others think I am unattractive… *(please circle one number)* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Not At All** | | **0** | | | **1** | | | **2** | | | **3** | | | **4** | | | **5** | | | **6** | | | **7** | | | **8** | | | **9** | | | **10** | | | **Very Much** | | |
| 1. Because of my weight I ***try to hide*** behind others 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** | | |
| 1. 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** | | |
| 1. Because of my weight I am ***embarrassed*** to eat around people … *(please circle one number)* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Not At All** | | **0** | | | **1** | | | **2** | | | **3** | | | **4** | | | **5** | | | **6** | | | **7** | | | **8** | | | **9** | | | **10** | | | **Very Much** | | |
| 1. 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** | | |
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| 1. 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** | | |
| 1. Because of my weight Ifeel ***ill at ease*** attendingaparty … *(please circle one number)* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Not At All** | | **0** | | | **1** | | | **2** | | | **3** | | | **4** | | | **5** | | | **6** | | | **7** | | | **8** | | | **9** | | | **10** | | | **Very Much** | | |
| 1. I feellike 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** | | |
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| 1. Because of the shape of my body, I feel 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** | | |
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| 1. Because of my weightI ***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** | | |
| 1. 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** | | |
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| 1. 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** | | |
| 1. Because of my weight I think that people ***stare*** at me … *(please circle one number)* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Not At All** | | **0** | | | **1** | | | **2** | | | **3** | | | **4** | | | **5** | | | **6** | | | **7** | | | **8** | | | **9** | | | **10** | | | **Very Much** | | |
| 1. Because of my weight I feelpeople 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** | | |
| 1. I worrythat 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** | | |
| 1. 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** | | |
| 1. 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** | | |
| 1. 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** | | |
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