**APPENDIX B: QUESTIONNAIRES**

**Screening Questions**

What is your primary form of exercise?

1. Long distance running
2. CrossFit
3. Rock climbing
4. Other

In addition to your primary form of exercise, what other forms of exercise do you do (check all that apply, excluding your primary exercise)?

1. Long distance running
2. CrossFit
3. Rock climbing
4. Yoga/Pilates
5. Cycling
6. Weight lifting
7. Swimming
8. Walking
9. Hiking
10. Other \_\_\_\_

What is your gender?

1. Female
2. Male
3. Other

Are you attracted to women, men, or both?

1. Attracted exclusively to women
2. Attracted to women more than men
3. Attracted equally to men and women
4. Attracted to men more than women
5. Attracted exclusively to men
6. Attracted to neither men nor women

**Demographics Questionnaire**

Please enter your birth date (mm/dd/yyyy):

What is the highest grade level you completed in your formal education?(High School Graduate = 12 years; College Graduate = 16 years)

* 8
* 9
* 10
* 11
* 12
* 13
* 14
* 15
* 16
* 17
* 18
* 19
* 20
* 21
* 22+

 Is English your first language?

* Yes
* No

Please indicate your race:

* a. American Indian, Aleutian, or Eskimo
* b. Asian
* c. Black, African American
* d. Native Hawaiian, Other Pacific Islander
* e. White, Caucasian
* f. Other

Do you consider yourself to be Hispanic or Latino?

* Yes
* No

For the Drive for Leanness Scale and the Drive for Muscularity Scale participants will respond 1-always to 6-never

**Drive for Leanness Scale**

1. I think the best looking bodies are well-toned.
2. The goal of working out should be to get in shape.
3. People’s muscles should be toned but not over-developed.
4. Having a lean, hard body would make me feel better about myself.
5. When a person’s body is hard and firm, its says they are well-disciplined.
6. My goal is to have well-toned muscles.
7. Athletic looking people are the most attractive people.
8. It is best to be thin but not skinny.
9. It is important to have well-defined abs.
10. People with well-toned muscles look good in clothes.

**Drive for Muscularity Scale**

1. I wish that I were more muscular
2. I lift weights to build up muscle
3. I use protein or energy supplements
4. I drink weight-gain or protein shakes
5. I try to consume as many calories as I can in a day
6. I feel guilty if I miss a weight training session
7. I think I would feel more confident if I had more muscle mass
8. Other people think I work out with weights too often
9. I think I would look better if I gained 10 pounds in bulk
10. I think about taking anabolic steroids
11. I think that I would feel stronger if I gained a little more muscle mass.
12. I think that my weight-training schedule interferes with other aspects of my life
13. I think my arms are not muscular enough
14. I think my chest is not muscular enough
15. I think my legs are not muscular enough

**Embodied Image Scale**

All questions will be answered on a 1-not at all true for me to 5-very true for me scale

1. How good I feel about my body depends a lot on how I look.
2. I do physically active things often
3. How good I feel about my body depends a lot on whether people consider me good-looking
4. I always try to physically challenge myself during physical activities
5. I feel really good about the way I look
6. I participate in physical activities whenever I can (e.g., sports, hiking, exercise)
7. One of the most important reasons why people should take care of their bodies is so they can look good
8. Overall I am very satisfied with my physical abilities
9. I wear certain things to make myself look as attractive as I can
10. How good I feel about my body depends a lot on what my body can do physically
11. I always try to look the best I can
12. I feel really good about what I can do physically
13. I am very happy with the appearance of my body
14. One of the most important reasons why people should take care of their bodies is so they can be physically active
15. Overall I am very satisfied with my appearance
16. I am very happy with my performance in physical activities
17. One of the most important reasons why people should take care of their bodies is so they can feel good about their physical abilities (e.g., strength, fitness, endurance)

**Eating Attitudes Test (EAT-26)**

Instructions: Please fill out the questions below as accurately, honestly, and completely as possible.

Height: Feet \_\_\_\_ Inches \_\_\_\_

Current Weight (lbs): \_\_\_\_

Highest Weight (excluding pregnancy): \_\_\_\_

Lowest Adult (18 years or older) Weight \_\_\_\_

Ideal Weight \_\_\_\_

Part B: Check a box for each of the following statements (For each question participants will respond “Always,” “Usually,” “Often,” “Sometimes,” “Rarely,” or “Never”)

Am terrified about being overweight.

Avoid eating when I am hungry.

Find myself preoccupied with food.

Have gone on eating binges where I feel that I may not be able to stop.

Cut my food into small pieces.

Aware of the calorie content of foods that I eat.

Particularly avoid food with a high carbohydrate content (i.e., bread, rice, potatoes, etc.)

Feel that others would prefer if I ate more.

Vomit after I have eaten.

Feel extremely guilty after eating.

Am preoccupied with a desire to be thinner.

Think about burning up calories when I exercise.

Other people think I am too thin.

Am preoccupied with the thought of having fat on my body.

Take longer than others to eat my meals

Avoid food with sugar in them.

Eat diet foods.

Feel that food controls my life.

Display self-control around food.

Feel that others pressure me to eat.

Give too much time and thought to food.

Feel uncomfortable after eating sweets.

Engage in dieting behavior.

Like my stomach being empty.

Have the impulse to vomit after meals.

Enjoy trying new rich foods.

Part C: In the past 6 months have you… (Participants will respond “Never,” “Once a month or less,” “2-3 times a month,” “Once a week,” “2-6 times a week,” or “Once a day or more”)

1. Gone on eating binges where you feel that you may not be able to stop?\*
2. Ever made yourself sick(vomited) to control your weight or shape?
3. Ever used laxatives, diet pills or diuretics (water pills) to control your weight or shape?
4. Exercised more than 60 minutes a day to lose or to control your weight.
5. Lost 20 pounds or more in the past 6 months

\*Defined as eating much more than most people would under the same circumstances and feeling that eating is out of control.