



HARVARD UNIVERSITY

THE RADCLIFFE INSTITUTE FOR ADVANCED STUDY

MURRAY RESEARCH CENTER

***Follow-up and Replication of Prevalence of
Bulimia Among College Students,
1991-1992***

Heatherton, Todd

(MRC Log # 1023)

Codebook

Data Set: Follow-up and Replication of Prevalence of Bulimia Among College Students, 1991-1992 (1023)

Researcher: Todd Heatherton

Date of Acquisition: June 1994

Summary:

These data were collected as a follow-up and replication of Colby, Ware, and Zuckerman's *Prevalence of Bulimia Among College Students* (A871) study which surveyed a random sample of college students from Harvard University in 1982. The purpose of the replication was to examine changes in the prevalence of dieting behavior and eating disorder symptoms from 1982 to 1992. The follow-up was designed to assess whether any change in eating behaviors had occurred during the transition to early adulthood.

In 1991-92, surveys were sent randomly to 1200 students; 799 (564 women and 235 men) completed questionnaires were returned. A follow-up of 732 of the 901 subjects in the original sample was also conducted.

Participants from both the replication and follow-up studies completed surveys that were similar to the 1982 questionnaire. Surveys included questions about demographic and health background, eating habits, dieting, exercise, and specific symptoms of eating disorders, including 26 items from the Eating Disorder Inventory. The follow-up questionnaire also included questions about family and career, as well as the Rosenberg Self-Esteem scale.

The Murray Center holds the questionnaires in their original paper format and in computer-accessible format for both the replication and follow-up samples. The Murray Center has also archived the data from the original study.

Sample:

In 1982, a randomly-selected sample of 1200 college students at a selective northeastern university were surveyed. The sample consisted of 800 women and 400 men, half of whom were freshmen and the other half were seniors. The response rate in 1982 was 78% for women (n=625) and 69% for men (n=276).

In 1992, the same 901 participants were contacted for follow-up. After two follow-up mailings, 82% of women (n=515) and 76% of men (n=209) responded. Of the non-respondents, 4 had died (2 men and 2 women), and the rest were untraceable or did not respond. Those who returned blank questionnaires (n=3) and those whose 1982 demographic information did not match their 1992 information (n=6) were excluded from the analyses. The final analyzable sample, then, was 715 (509 women and 206 men). Because participants continue to return questionnaires after analysis, the Murray Center holds questionnaires for 732 of the follow-up participants.

The participants were primarily Caucasian (80.1%) and their ages ranged from 27 to 55. Fewer than 10% of the 1992 sample was overweight or obese. Non-dieting participants without any eating difficulties as reported in the 1982 sample were somewhat less likely to participate in the

follow-up survey in 1992.

The replication sample was obtained using the same strategies that were used for the 1982 sample. Students attending the same college as the 1982 sample (800 women and 400 men, half freshmen, half seniors) were surveyed in 1992. The response rate for women was 71% (n=568) and 59% for men (n=236). The Murray Center has 799 of the completed questionnaires. The replication sample was demographically similar to the 1982 sample with a few exceptions: The 1992 sample came from more two-parent families (82.2% in 1992 vs. 78% in 1982), had fewer siblings ($m=1.7$, $sd=1.3$ in 1992 vs. $m=2.3$, $sd=1.6$ in 1982) and was slightly more racially and ethnically diverse (73.7% were Caucasian).

Data Collection:

In 1982, Colby, Ware and Zuckerman mailed questionnaires to the sample described above. The questionnaire asked about demographic background, asked for information about height and weight, and general eating patterns. The questionnaire also gathered information about the participants' dieting history, body weight and shape concerns, and the following abnormal eating behaviors: bingeing, vomiting, laxative and diuretic use, and fasting. Participants were asked to indicate whether they had engaged in these behaviors in the past (but not now), or whether behaviors were on-going. Those who reported current bingeing were asked to specify the frequency of their binges, how much control they felt they had over the binges, and how troubled or worried they were by the binges.

Included in the survey were 26 items from the Eating Disorder Inventory (Garner, Olmstead & Polivy, 1983), or EDI. The items included were principle items from five of the EDI's subscales: Drive for Thinness, Bulimia, Maturity Fears, Perfectionism, and Interpersonal Distrust.

In 1992, Heatherton mailed questionnaires to the 1982 sample. Two follow-up letters were sent to maximize participation. The 1992 survey was based closely on the 1982 survey, but the 1992 survey added questions about marital status, education, career, income, exercise history, and children. The 1992 survey also asked participants to recall their weights and dieting histories while in college.

The 1992 replication sample was surveyed using the same procedures as the follow-up sample. For both samples, written consent forms were obtained which assured the participants' confidentiality and informed them that the data would be archived anonymously at the Murray Research Center.

Questions/Scales Designed by Others:

Garner, D.M., Olmstead, M.P., & Polivy, J. (1983). Development and validation of a multidimensional eating disorder inventory for anorexia nervosa and bulimia. International Journal of Eating Disorders, 2, 15-34.

Funding:

The follow-up research was supported, in part, by the Radcliffe College Research Support Program, the Boston Obesity Nutrition Research Center, and the Burke Fund of Dartmouth College. The replication was funded, in part, by the Milton Fund of Harvard Medical School, and the Radcliffe College Research Support Program.

Acknowledgment:

The following acknowledgment of the use of these data must be included in any publication or presentation reporting analysis of this data:

This research used the *Follow-up and Replication of Prevalence of Bulimia Among College Students* data set [made accessible in 1996, raw data files]. These data were collected and donated by Dr. Todd Heatherton and are made available through the archive of the Henry A. Murray Research Center at the Radcliffe Institute for Advanced Study, Harvard University, Cambridge, Massachusetts (Producer and Distributor).

Special Restrictions for Use:

Researchers may not publish any papers based on this data set without the permission of the contributor until January 1, 1998. Any contacts of the replication participants must be made through the contributor unless he gives written permission to the researcher to make such contacts. A follow-up of the replication sample may only be performed with the collaboration of the contributor.

Because the contributor is planning to do another follow-up of the Colby, Ware & Zuckerman 1982 sample, he suggest that the director of the Murray Center discuss requests for follow-up of the original sample with the contributor before approving, in the interest of preventing over-use of the sample.

Publications:

Field, A., Colditz, G., Herzog, D., & Heatherton, T. (1996). Disordered eating: Can women accurately recall their bingeing and purging behaviors 10 years later? Obesity Research, 4(2), 153-159.

Heatherton, T., Mahamedi, F., Striepe, M., Field, A., & Keel, P. (1993). A ten year longitudinal study of body weight, dieting, and eating disorder symptoms. Journal of Abnormal Psychology.

Heatherton, T., Nichols, P., Mahamedi, F., & Keel, P.(1995). Body weight, dieting, and eating disorder symptoms among college students, 1982-1992. American Journal of Psychiatry, 152(1), 1623-1629.

Additional Publications Not Held by Center:

Joiner, T.E. & Heatherton, T.F. (1998). First-and second-order factor structure of five subscales of the Eating Disorders Inventory. International Journal of Eating Disorders.

Joiner, T.E., Heatherton, T.F., Rudd, M.D., & Schmidt, N.B. (1997). Perfectionism, perceived weight status, and bulimic symptoms: Two studies testing a diathesis-stress model. Journal of Abnormal Psychology.

1982 - 1992 Longitudinal Data

This merged data file contains 395 variables and 900 cases. These are the variables contained in the 1982 original data file collected by Colby, Ware, and Zuckerman and reentered by Heatherton, and Heatherton's 1992 Follow-up of the original sample.

Variable Problems

V18_82: Cigarettes per Week (Packs):

The PI used a different scale when reentering these values from the original paper data. Thus, values will be different when compared to the original paper data. There is no further information on why a different scale was used or what the exact scale was.

V25_82 - Varsity Athletics in 1982

V27_82 - Recreational Athletics 1982

V26_82 - Intramural Athletics in 1982.

There is no information on the value labels for these variables

Cpd92: # of Cigarettes per Day:

There is no scale specified in the measures for this variable (packs, etc...).

V103_82: Corrected Binge per Week 1982:

There is no information on how this variable was created (how the values were derived).

V105_92: How Feel About Binge (Bingers Only):

There is no information on how "BINGERS" were determined.

V106_82: Worry About Binge (Worriers Only):

According to the PI, this variable, "worry about binge (worriers only)", includes all of those who answered they were worried about binge eating even if they didn't binge eat.

V80_82: Other Diets in 1982:

This variable has incorrect variable labels on the variable list provided by the PI. There is no further information.

V93_82: How Feel about Binge 1982

ATHCOL82: Athletics/collegiate 1982

INTRAM82: Intramural Athletics 1982

CLUBSP82: Club Sports 1982

RECREA82: Recreational Athletics 1982

OTHER82: Other Athletics 1982:

The values assigned to the value labels for these variables are unclear in the 1982 questionnaire. There is no further information on the labels.

SE1RE - SE10RE: Self-esteem Recodes

SRDIS_92: Self-reported Eating Disorder 1992

RX_92: Treatment Before 1992:

There are no value labels for these variables.

BMI: Body Mass Index variables:

There are several Body Mass Index variables in this data file for the 1982 and the 1992 data. There is no information on the differences between these similar variables.

Out of Range Subjects

V71_82: Eat at Parties 1982:

Subjects 2304 and 2305 had out of range values of '0'. According to the interview protocol, subject 2304 actually answered 2 = sometimes, and subject 2305 actually answered between 2 and 3, but was coded as 2 = sometimes. The incorrect values of '0' were recoded.

V63_82 : Age of least weight in 1982:

Subject 4531 had an out of range value of '1'. According to the interview protocol, the subject did answer with a value of '1'. It appears as though the number was not completely written on the questionnaire. The value was not recoded.

WRKOUT92: Duration of Average Workout 1992:

Subject 2053 had an out of range value of '6'. According to the Interview protocol, the subject actually answered '4'. The out-of-range value was recoded to '4'.

Variables Dropped

The following variables were dropped because they were exact duplicates of other variables in the file (same values and frequencies). Heatherton agreed that these variables should be dropped.

Diurectic Use, Diet Pill Use, Laxative Use, Fasting, Vomiting.

These variables are located at the end of the Descriptive Statistics list and variable list provided by Heatherton, located in the working file.

Missing Data

Values of 99 or 999 were recoded to system missing were applicable.

1992 Replication Study

This study contains 215 Variables and 799 Cases.

Heatherton conducted this replication study using students from 1992, following the same methods as Colby, Ware and Zuckerman's group.

Codebook Issues

Questions numbers 63 (if you are concerned about your eating habits or weight, to whom would you feel most comfortable talking?) and 64 (we are interested in your experiences regarding body issues of body weight, dieting or exercising. Do you have any special comments about your eating habits or body weight issues that

you think we should have asked about?) found in the questionnaire and in the additional coding sheets provided by Heatherton are not included in the data file. There is no further information on these two variables.

Variable Problems

GNLS92 *"do you want to lose or gain weight at this time"*:

The value labels provided in the additional codings received from Heatherton are the correct labels. The labels in the blank questionnaire and the descriptive variable list provided are incorrect.

Out of Range Subjects

V22_92: How Satisfied with Relationships:

Subject 1224 had an out of range value of '0'. According to the interview protocol, this subject actually answered 1 = not at all. The out-of-range value was recoded to '1'.

EXREAS92: Reasons for Exercising:

Subject 2073 had an out of range value of '8'. According to the interview protocol, this subject actually answered 1=fitness. The value was recoded to '1'.

Missing Data

Values of 99 or 999 were recoded to system missing were applicable.

1982-1992 (comparison) Data Set

(Use Heatherton, et al. (1995). *Body Weight, Dieting, and Eating Disorder Symptoms Among College Students, 1982-1992*. The American Journal of Psychiatry, 151:11)

This data file was used to examine changes in dieting behavior and eating disorder symptoms from 1982 - 1992. The file is a merged data file containing the 1982 original sample and the 1992 replication sample. A data dictionary is provided (there is no codebook for this data file) with the frequencies. Also, a variables list provided by Heatherton is provided, including only the variable and value labels for each variable (the variable names were deleted from this list because they were changed during processing to facilitate data use).

Variable Problems

ETHGRP: Ethnicity:

The variable list provided by Heatherton did not contain value labels for this variable. During a conversation with him, he stated that the labels should be between 1-5, in alphabetical order by ethnicity (1 = African-American, 2 = Asian, 3 = Caucasian, 4 = Hispanic, and 5 = Other).

CIGWEEK: Cigarettes Per Week 82-92:

There is no scale for this variable (packs, etc..).

FREQ8292: Diet Frequency 82-92:

This variable is missing value labels.

V80_8292: Been on Other Diets:

The value labels on the variable list appears to be incorrect. There is no further information available.

REDIA-REDIZ: Recodes of Positive EDI items:

There are no value labels for these variables. Although this data file is supposed to contain all the variables in the 1982 (original) and 1992 (replication) data files, these recodes do not appear in either data files.

V56_8292: Describe Your Weight 82-92:

The variable list provided a range for the value labels (underweight to overweight) but did not provide values. Since the labels are identical to the range used in the other waves of data, it was assumed that the labels should be the same.

BINFREQ: Reported Binge Frequency

BINGEWK: Corrected Binge Frequency:

There is no information on the scale used for these variable.

Out of Range Subjects

V71_82: Eat at Parties 1982:

Subject 2305 had an out-of-range values of '0'. According to the interview protocol, subject 2305 actually answered 2 = sometimes. The incorrect value of '0' were recoded.

Missing Data

Values of 99 or 999 were recoded to system missing were applicable.

- ### Social Relationships

10. In general, how satisfied are you with your friendships? (circle one number) V21-12
Not at all 1 2 3 4 5 6 7 Completely satisfied
11. Are you currently involved in a steady relationship? No ____ Yes ____ If yes, how satisfied are you with that relationship? V22-92
Not at all 1 2 3 4 5 6 7 Completely satisfied
12. How satisfied are you with your relationship with your roommates? SATRELRM
Not at all 1 2 3 4 5 6 7 Completely satisfied
13. How satisfied are you with your relationship with your mother? (circle one number) SATRELM
Not at all 1 2 3 4 5 6 7 Completely satisfied
14. How satisfied are you with your relationship with your father? (circle one number) SATRELDAD
Not at all 1 2 3 4 5 6 7 Completely satisfied
15. How critical do you think your mother is of you? (circle one) Not at all A little Moderate Very Extremely HOWCRITMM
16. How critical do you think your father is of you? (circle one) Not at all A little Moderate Very Extremely HOWCRTDD
17. How independent does your mother allow you to be? (circle one) Not at all A little Moderate Very Extremely INDEMMY
- How independent does your father allow you to be? (circle one) Not at all A little Moderate Very Extremely INDEDDY

School Work

19. Last semester, what was your academic group (1 - 6)? ACAGROUP
20. How satisfied were you with the quality of your school work last term? (circle one number)
Not at all 1 2 3 4 5 6 7 Completely satisfied WKSAT92
- On a typical exam, how well do you expect to do? (circle one number)
Not Well 1 2 3 4 5 6 7 Extremely Well WELLEXAM

Athletics

22. How often do you exercise? (circle one only)
Never Monthly Weekly Every other day Daily More than once a day EXER92
23. What is the duration of your average workout? (circle one only)
10 mins. or less 10-20 mins. 20-30 mins. 30-60 mins. More than 60 mins. WRKOUT92
24. What is your primary reason for exercising? (circle one only)
Fitness Weight Control Body Definition Stress Management Enjoyment EXREAS92
25. What type of exercising do you do? (check all those that in which you regularly participate)
WGTLFT92 Weight lifting RACQ92 Racquet sports AEROB92 Aerobics DANCE92 Dance
SWIM92 Swimming RUN92 Running BIKE92 Biking WALK92 Brisk walking
ExBk92 Exercise Bike STAIR92 Stairmaster ROW92 Rowing NORD92 Nordictrack
VARSITY Varsity Athletics (specify VARSPORT) INTRAMUR Intramural Athletics (specify)
OTHEX92 Other (specify)
26. When you exercise do you prefer to exercise ___ Alone ___ With just one friend ___ With a group of people ___ Don't care PREEXE92
27. How do you feel when you miss a planned exercise time? (circle one)
Miserable 1 2 3 4 5 6 7 Happy SADEX92

Attitudes

Using the following 6 point scale, please indicate how often the following statements are true. Please write in the appropriate number in the space provided.

Never 1 Rarely 2 Sometime 3 Often 4 Very Often 5 Always 6

- V28-92 I wish that I could return to the security of childhood.
- V29-92 I eat when I am upset.
- V30-92 I stuff myself with food.
- V31-92 I think about dieting.
- V32-92 I feel extremely guilty after overeating.
- V33-92 Only outstanding performance is good enough for my family.
- V34-92 The happiest time in life is when you are a child.
- V35-92 I am terrified of gaining weight.
- V36-92 I would rather be an adult than a child.
- V37-92 I can communicate with others easily.
- V38-92 I have gone on eating binges where I have felt that I could not stop.
- V39-92 As a child, I tried very hard to avoid disappointing my parent and teachers.
- V40-92 I have close relationships.
- V41-92 I am preoccupied with the desire to be thinner.
- V42-92 I have trouble expressing my emotions to others.
- V43-92 I hate being less than best at things.
- V44-92 I think about bingeing (over-eating).
- V45-92 I feel happy that I am not a child anymore.
- V46-92 My parents have expected excellence of me.
- V47-92 I eat moderately in front of others and stuff myself when they're gone.
- V48-92 If I gain a pound, I worry that I will keep gaining.
- V49-92 I feel that I must do things perfectly, or not do them at all.
- V50-92 I have the thought of trying to vomit in order to lose weight.
- V51-92 I need to keep people at a certain distance (I feel uncomfortable if someone tries to get too close).
- V52-92 I can talk about personal thoughts or feelings.
- V53-92 I have extremely high goals.

Weight History

29. Current height _____ (inches) Current weight _____ (in pounds) **V54-92, V55-92**
30. How often are you dieting? (circle one for each question) Never Rarely Sometimes Usually Always **DIET92**
31. Do you eat sensibly in front of others and splurge alone? Never Rarely Sometimes Usually Always **SPLUR92**
32. Do you give too much time and thought to food? Never Rarely Often Always **FOOD92**
33. Do you have feelings of guilt after overeating? Never Rarely Often Always **GUILT92**
34. How conscious are you of what you're eating? Not at all Slightly Moderately Very much **CONSC92**
35. Describe your current weight (circle one) Very Underweight Underweight Average Overweight Very Overweight **V56-92**
36. Do you want to lose or gain weight at this time? (check here _____ if neither) **GNLS92**
____ Yes: Lose weight How much? _____ lbs. **V58-92**
____ Yes: Gain weight How much? _____ lbs. **V59-92**
37. Have you ever been overweight? No _____ Yes _____ At which age were you the most overweight? _____ **OVWGH92**
V61-92
38. What is the most you have weighed since age 16? _____ lbs. How old were you at that time? _____ years. **MSTWGT16, AGE16**
39. What is the least you have weighed since age 16? _____ lbs. How old were you at that time? _____ years. **LSTWGT16, AGE16**
40. In the past year, what was the most you have weighed? _____ lbs. The least you have weighed? _____ lbs. **V64-92, V65-92**

Current Eating Habits

41. Use the following scale to indicate how often you do each of the following behaviors:
- | Never | Monthly | Weekly | Daily | Twice or more per day |
|-----------------------------|-------------------------------------|------------------------------|-------------------------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 |
| V66-92 Eat breakfast | V67-92 Eat lunch | V68-92 Eat dinner | SNACK92 Snack | |
| V69-92 Eat alone | V70-92 Eat with other people | V71-92 Eat at parties | WEIGH92 Weigh yourself | |
42. Do you follow any special diet at the present time? No **SPECIFY** Yes _____ (specify **SPECIFY**)

Diet History and Patterns (please answer those questions that apply to you)

43. At what age did you first go on a diet (please be specific) _____? **AGE1ST**
44. Describe your weight when you went on your first diet (circle one) **WGHT1ST**
Very Underweight Underweight Average Overweight Very Overweight
45. What kinds of diets or other weight loss methods have you tried in order to lose weight?
(Please check all that apply.)
- | | |
|---|---|
| LOFAT Low fat | V79-92 Overeaters Anonymous |
| LOCAL Low calorie | JENNY92 Jenny Craig |
| LOWCARB Low carbohydrate | NUSYS92 Nutrisystem |
| V77-92 High protein | DIETMED Medically Supervised support group |
| FSTNG92 Fasting | LIQUID92 Liquid Diet (Slimfast, Optifast) |
| V78-92 Weight Watchers | V85-92 Diet Pills |
| DIETSURG Surgery (please specify: _____) | |
| V80-92 Other _____ | |

46. Do any of your immediate family members regularly diet? (check those that do)
Mother _____ Father _____ Female Siblings _____ Male Siblings _____ **FAMDIETM, FAMDIETF, FAMDIETS, FAMDIETB**
47. How often does your mother diet? (circle one) Never Rarely Sometimes Often Always **OFTMDIET**
48. How stringent are your mother's diets? (circle one) Never diets A little Moderately Very Extremely Stringent **STRMDIET**
- How old were you when you first remember your mother dieting? _____ (specify) **AGRMDIET**
50. How often does your mother comment on your weight and/or eating? (circle one) **OFCMWT**
Never Rarely Sometimes Often Always

51. How often does your father comment on your weight and/or eating? (circle one)

Never

Rarely

Sometimes

Often

Always

OFDCMW6T

52. How often do your roommate(s) diet? (circle one)

Never

Rarely

Sometimes

Often

Always

OFRMDIET

53. How often do your friends diet? (circle one)

Never

Rarely

Sometimes

Often

Always

OFFRDIET

54. How often do your roommates encourage you to binge eat or "pig out"? (circle one)

Never

Rarely

Sometimes

Often

Always

OFRMBNG

55. How often do your friends encourage you to binge eat or "pig out"? (circle one)

Never

Rarely

Sometimes

Often

Always

OFFRBNB

56. How often do you and your roommates or friends have a "group binge" or "pig out"? (circle one)

Never

Rarely

Sometimes

Often

Always

OFGRPNB

57. Do you (Please complete the appropriate spaces):

		Age	In High School	Since College	Continuing	Current times	
		Never	Started	Not Now	Not Now	Now	per week (specify)
BINGE92	Go on eating binges	_____	BNGAGE92	_____	_____	_____	BNGWK92
DIUR92	Use diuretics ("water pills")	_____	DIUAGE92	_____	_____	_____	DIUWK92
PILLS92	Use diet pills	_____	PILLAGE92	_____	_____	_____	PILLWK92
87-92	Use laxatives to control weight	_____	LAXAGE92	_____	_____	_____	V88-92
89-92	Fast or severely limit what you eat	_____	FSTAGE92	_____	_____	_____	V90-92
91-92	Intentionally vomit	_____	VOMAGE92	_____	_____	_____	V92-92
XCMP92	Exercise compulsively	_____	EXA 9292	_____	_____	_____	EXWK92

58. If you binge, please describe how you feel about your binge eating. I feel that it is: (circle one number)

Out of Control 1 2 3 4 5 In control

V93-92

59. If you binge, are you worried about this behavior? (circle one number)

Not at all 1 2 3 4 5 Extremely worried

BNGWOR92

Substance Use

60. How often do you become intoxicated from drugs or alcohol? (circle one)

Never

Rarely

Sometimes

Often

Always

INTOX92

61. To what extent is your school work suffering from your use of drugs or alcohol? (circle one)

Not at all

A little

Moderately

Very Much

Extremely

WRKDRA

62. How worried or concerned are you about your use of drugs or alcohol? (circle one)

Not at all

A little

Moderately

Very Much

Extremely

INTWOR92

63. If you were concerned about your eating habits or weight, to whom would you feel most comfortable talking? (Rank order your 3 top choices, "1" for most, "2" for second-most, etc.).

_____ Family

_____ Friends/Roommates

_____ Master, Senior Tutor, or House Tutor

_____ Teaching Fellow or Faculty

_____ Peer counseling hotline (e.g. ECHO)

_____ Minister, Priest, Rabbi

_____ Self-help groups (OA)

_____ Health Educator

_____ Other (please explain) _____

_____ UHS nutritionist

_____ UHS nurse or physician

_____ UHS individual counselor

_____ UHS therapy group

_____ Bureau of Study Counsel individual counselor

_____ Bureau of Study Counsel Eating Concerns Group

_____ Coach

_____ Would handle it myself

64. We are interested in your experiences regarding issues of body weight, dieting, or exercising. Do you have any special comments about your eating habits or body weight issues that you think we should have asked about?

Thank you very much for your participation in this study. When you have completed the questionnaire, please mail it in the enclosed envelope to: Professor Todd Heatherton, Health and Eating Patterns Research Project, Harvard University, 33 Kirkland Street, Cambridge, MA 02138. Call (617) 495-3898 if you have any questions.

**Health and Eating Patterns Research Project
Radcliffe and Harvard Alumni 1992**

LONGITUDINAL STUDY

1. What is your current marital status? (check appropriate spaces) MARSTAT
 ___ Single ___ Married ___ Divorced (___ remarried)
 ___ Widowed (___ remarried) ___ Other _____
2. Current occupation or last occupation if unemployed (please be specific) OCCUP92 _____
3. Highest educational degree obtained (please specify area) HEID92 _____

4. Please choose the response that is most true of you for each of the following statements (circle one for each question)
- | | | | | | |
|--------|--|-------------------|----------|-------|----------------|
| SE192 | a. On the whole, I am satisfied with myself | Strongly Disagree | Disagree | Agree | Strongly Agree |
| SE292 | b. At times I think I am no good at all | Strongly Disagree | Disagree | Agree | Strongly Agree |
| SE392 | c. I certainly feel useless at times | Strongly Disagree | Disagree | Agree | Strongly Agree |
| SE492 | d. I feel that I have a number of good qualities | Strongly Disagree | Disagree | Agree | Strongly Agree |
| SE592 | e. I feel that I am a person of worth | Strongly Disagree | Disagree | Agree | Strongly Agree |
| SE692 | f. All in all, I am inclined to feel that I am a failure | Strongly Disagree | Disagree | Agree | Strongly Agree |
| SE792 | g. I am able to do things as well as most people | Strongly Disagree | Disagree | Agree | Strongly Agree |
| SE892 | h. I feel I do not have much to be proud of | Strongly Disagree | Disagree | Agree | Strongly Agree |
| SE992 | i. I wish I could have more respect for myself | Strongly Disagree | Disagree | Agree | Strongly Agree |
| SE1092 | j. I take a positive attitude toward myself | Strongly Disagree | Disagree | Agree | Strongly Agree |

5. Has there been a history of any of the following in your immediate family? (place a check next to those that apply)
- | | | | | | | | | |
|---------|---------|----------|----------|---------------------------|----------|---------|----------|--------------------------------------|
| You | Spouse | Parents | Siblings | | You | Spouse | Parents | Siblings |
| V8A_92 | V8B_92 | V8C_92 | V8D_92 | Alcoholism | V9A_92 | V9B_92 | V9C_92 | V9D_92 |
| V10A_92 | V10B_92 | V10C_92 | V10D_92 | Diabetes | V11A_92 | V11B_92 | V11C_92 | V11D_92 |
| V12A_92 | V12B_92 | V12C_92 | V12D_92 | Heart disease | V13A_92 | V13B_92 | V13C_92 | V13D_92 |
| V14A_92 | V14B_92 | V14C_92 | V14D_92 | Migraine headaches | UNDWGT92 | UNDSP92 | UNDPAR92 | UNDSIB92 |
| V15A_92 | V15B_92 | V15C_92 | V15D_92 | Obesity (50 lbs. or more) | V16A_92 | V16B_92 | V16C_92 | V16D_92 |
| SAD92 | SADSP92 | SADPAR92 | SADSIB92 | Mild depression | V17A_92 | V17B_92 | V17C_92 | V17D_92 |
| | | | | | | | | Cancer |
| | | | | | | | | Drug abuse |
| | | | | | | | | High blood pressure |
| | | | | | | | | Underweight (20 lbs or more) |
| | | | | | | | | Phobias |
| | | | | | | | | Severe depression (needed treatment) |

6. On average, how much of the following do you use? (please provide a specific number)
- | | | | |
|----------|------------------------------------|---------|------------------------------------|
| CPD92 | Cigarettes per day | BEER92 | Beer per week (number of bottles) |
| V19_92 | Wine per week (number of glasses) | LIQU92 | Liquor per week (number of drinks) |
| V20_92 | Coffee per day (number of cups) | TEA92 | Tea per day (number of cups) |
| LOSODA92 | Diet Soda per day (number of cans) | SODA92 | Soda per day (number of cans) |
| MILK92 | Milk per day (number of glasses) | WATER92 | Water per day (number of glasses) |

Social Relationships

7. In general, how satisfied are you with your friendships? (circle one number) V21_92
 Not at all 1 2 3 4 5 6 7 Completely satisfied
8. If you are currently involved in a steady relationship, how satisfied are you with that relationship? V22_92
 Not at all 1 2 3 4 5 6 7 Completely satisfied
9. How critical do you think your partner is of you? (circle one) Not at all A little Moderate Very Extremely PARTCRIT

Career

11. How satisfied are you with your current work position (circle one number) WRKSAT92
 Not at all 1 2 3 4 5 6 7 Completely satisfied
12. How satisfied are you with your career choice (circle one number) SATCAR92
 Not at all 1 2 3 4 5 6 7 Completely satisfied
13. Please check the box that best represents your personal annual income in U.S. dollars (do not include spouse) INCOME92
 ___ Under 10,000 ___ 20-30,000 ___ 40-50,000 ___ 75-100,000
 ___ 10-20,000 ___ 30-40,000 ___ 50-75,000 ___ Over 100,000

Fitness

14. How often do you exercise? (circle one only) EXER92
 Never Monthly Weekly Every other day Daily More than once a day

15. What is the duration of your average workout? (circle one only)
10 mins. or less 10-20 mins. 20-30 mins.

WRKOUT92
30-60 mins. More than 60 mins.

16. What is your primary reason for exercising? (circle one only)
Fitness Weight Control Body Definition

EXREAS92
Stress Management Enjoyment

17. What type of exercising do you do? (check all those that in which you regularly participate)
WGTLFT92 Weight lifting RACQ92 Racquet sports
SWIM92 Swimming RUN92 Running
EXBK92 Exercise Bike STAIR92 Stairmaster
OTHEX92 Other (specify _____)

AEROB92 Aerobics DANCE92 Dance
BIKE92 Biking WALK92 Brisk walking
ROW92 Rowing NORD92 Nordictrack

18. When you exercise do you prefer to exercise _____ Alone _____ With just one friend _____ With a group of people _____ Don't care FREEXE92

19. How do you feel when you miss a planned exercise time? (circle one)
Miserable 1 2 3 4 5 6 7 Happy SADEX92

20. Have you ever had any of the following cosmetic surgery procedures? (check the appropriate spaces)

Never	Once	Twice	3 or more		Never	Once	Twice	3 or more		
FACE92	_____	_____	_____	Face Lift	LIP092	_____	_____	_____	Liposuction	LIP092
NOSE92	_____	_____	_____	Nose	_____	_____	_____	_____	Breast Augmentation	BRSTAUG
EYES92	_____	_____	_____	Eyes	_____	_____	_____	_____	Breast Reduction	BRSTRED
CHIN92	_____	_____	_____	Chin	_____	_____	_____	_____	Pectoral Implants	PECIMP92
TUCK92	_____	_____	_____	Tummy Tuck	_____	_____	_____	_____	Silicon Injections (where _____)	SILI92

Attitudes

21. Using the following 6 point scale, please indicate how often the following statements are true. Please write in the appropriate number in the space provided (please choose only one number).

Never Rarely Sometime Often Very Often Always
1 2 3 4 5 6

_____ I wish that I could return to the security of childhood.	v28_92
_____ I eat when I am upset.	v29_92
_____ I stuff myself with food.	v30_92
_____ I think about dieting.	v31_92
_____ I feel extremely guilty after overeating.	v32_92
_____ Only outstanding performance is good enough for my family.	v33_92
_____ The happiest time in life is when you are a child.	v34_92
_____ I am terrified of gaining weight.	v35_92
_____ I would rather be an adult than a child.	v36_92
_____ I can communicate with others easily.	v37_92
_____ I have gone on eating binges where I have felt that I could not stop.	v38_92
_____ As a child, I tried very hard to avoid disappointing my parent and teachers.	v39_92
_____ I have close relationships.	v40_92
_____ I am preoccupied with the desire to be thinner.	v41_92
_____ I have trouble expressing my emotions to others.	v42_92
_____ I hate being less than best at things.	v43_92
_____ I think about bingeing (over-eating).	v44_92
_____ I feel happy that I am not a child anymore.	v45_92
_____ My parents have expected excellence of me.	v46_92
_____ I eat moderately in front of others and stuff myself when they're gone.	v47_92
_____ If I gain a pound, I worry that I will keep gaining.	v48_92
_____ I feel that I must do things perfectly, or not do them at all.	v49_92
_____ I have the thought of trying to vomit in order to lose weight.	v50_92
_____ I need to keep people at a certain distance (I feel uncomfortable if someone tries to get too close).	v51_92
_____ I can talk about personal thoughts or feelings.	v52_92
_____ I have extremely high goals.	v53_92

Weight History

Current height V54_92 (inches) Current weight V55_92 (pounds)

23. How often are you dieting? (circle one for each question) Never Rarely Sometimes Usually Always DIET92

24. Do you eat sensibly in front of others and splurge alone? Never Rarely Sometimes Usually Always SPLURGE92

25. Do you give too much time and thought to food? (circle one) Never Rarely Often Always FOOD92
26. Do you have feelings of guilt after overeating? (circle one) Never Rarely Often Always GUILT92
27. How conscious are you of what you're eating? (circle one) Not at all Slightly Moderately Very much CONSC92
28. Would a weight fluctuation of 5 lbs. affect the way you live your life? Not at all Slightly Moderately Very much FLUCT92
29. Describe your current weight (circle one) Very Underweight Underweight Average Overweight Very Overweight V56_92
30. How satisfied are you with your current body weight (circle one number)
Not at all 1 2 3 4 5 6 7 Completely satisfied WGTSAT92
31. Do you want to lose or gain weight at this time? (check here ____ if neither) GNLS92
____ Yes: Lose weight How much? ____ lbs. V58_92
____ Yes: Gain weight How much? ____ lbs. V59_92
32. Please estimate whether you wanted to lose weight or gain weight in college? (check here ____ if you did not want to do either) V57_92
____ Yes: Lose weight How much? ____ lbs. LOSECOLL
____ Yes: Gain weight How much? ____ lbs. GAINCOLL
33. Have you ever been overweight? No ____ Yes ____ At which age were you the most overweight? V61_92
34. What is the most you have weighed since age 18? MOST92 lbs. What is the least you have weighed since 18? LEAST92 lbs.
35. In the past year, what was the most you have weighed? V64_92 lbs. The least you have weighed? V65_92 lbs.
36. What was your average weight during college? AVGCOLL lbs. or what was your range of weights in college? LSTCOLL to ____ lbs. MSTCOLL
37. Since college, have you ever purposefully lost more than 10% of your body weight? LOST1Q No ____ Yes (number of times ____) NUMLOST
If yes, what is the longest period of time that you have maintained the weight loss? ____ months or ____ years KEEPOFF
38. How satisfied are you with your body shape now compared to your level of satisfaction in college (circle one number) BODSAT
Not at all 1 2 3 4 5 6 7 Completely satisfied
39. How worried would you be about your body weight at a class reunion (circle one number) REUNION
Not at all 1 2 3 4 5 6 7 Extremely Worried
40. Use the following scale to indicate how often you do each of the following behaviors:
- | Never | Monthly | Weekly | Daily | Twice or more per day |
|----------------------|------------------------------|-----------------------|---------|-----------------------|
| 1 | 2 | 3 | 4 | 5 |
| V66_92 Eat breakfast | v67_92 Eat lunch | V68_92 Eat dinner | SNACK92 | Snack |
| V69_92 Eat alone | V70_92 Eat with other people | V71_92 Eat at parties | WEIGH92 | Weigh yourself |

Diet History and Patterns (please answer those questions that apply to you)

41. At what age did you first go on a diet (please be specific) ____ ? AGE1ST
42. Describe your weight when you went on your first diet (circle one) WGHT1ST
Very Underweight Underweight Average Overweight Very Overweight
43. What kinds of diets or other weight loss methods have you tried in order to lose weight?
(Please estimate the number of times that you have tried each method, write one number for each method you have tried)
- | | | |
|-------------------------|---------------------|---|
| V74_92 Low fat | V77_92 High protein | V79_92 Overeaters Anonymous |
| V75_92 Low calorie | JENNY92 Jenny Craig | NUSYS92 Nutrisystem |
| V76_92 Low carbohydrate | FSTNG92 Fasting | LIQUID92 Liquid Diet (Slimfast, Optifast) |
| V78_92 Weight Watchers | V85_92 Diet Pills | V80_92 Other _____ |
44. How often do you eat in a two hour period what most people would regard as an unusually large amount of food (i.e., binge eat) BNG2HR
Never Monthly Weekly Every other day Daily More than once a day
45. If you binge, please describe how you feel about your binge eating. I feel that it is: (circle one number) V93_92
Out of Control 1 2 3 4 5 In control
46. If you binge, are you worried about this behavior? (circle one number) BNGWOR92
Not at all 1 2 3 4 5 Extremely worried

47. Do you (Please complete the appropriate spaces):

	Never	Age Started	In College Not Now	Since College Not Now	Continuing Now	Current times per week (specify)
BINGE92 Go on eating binges (see item 50)	_____	BNGAGE92	_____	_____	_____	BNGWK92
DIUR92 Use diuretics ("water pills")	_____	DIUAGE92	_____	_____	_____	DIUWK92
IS92 Use diet pills	_____	PILLAGE92	_____	_____	_____	PILLWK92
V87_92 Use laxatives to control weight	_____	LAXAGE92	_____	_____	_____	V88_92
V89_92 Fast or severely limit what you eat	_____	FSTAGE92	_____	_____	_____	V90_92
V91_92 Intentionally vomit	_____	VOMAGE92	_____	_____	_____	V92_92
EXCOMP92 Exercise compulsively	_____	EXAGE92	_____	_____	_____	EXWK92

48. Do you have an eating disorder? ☐ No ☐ Yes ☐ Not Sure (describe _____) SRDIS92

49. Have you ever sought formal treatment for an eating disorder? ☐ No ☐ Yes (specify _____) RX92
If yes, please specify type of treatment _____ Length of treatment _____ RXTIME

Relationships and Eating Habits (please answer those that apply to you)

50. How often does your partner diet? (circle one) Never Rarely Sometimes Often Always SPDIET92

51. How stringent are your partner's diets? (circle one) Never diets A little Moderately Very Extremely Stringent SPSTR9

52. How often does your partner comment on your weight or eating? Never Rarely Sometimes Often Always SPCOMM92

53. How often do your friends diet? (circle one) Never Rarely Sometimes Often Always FRDIET92

54. How often do your friends comment on your weight or eating? Never Rarely Sometimes Often Always FRCOMM92

55. Please complete the following information for your two oldest children (number of children _____) NUMKID92

K1AGE	Child 1 Age _____ Sex _____	K1GENDER
K1WGHT	Child 1 weight (circle one) Very Underweight Underweight Average Overweight Very Overweight	
K1DIET	How often does child 1 diet? (circle one) Never Rarely Sometimes Often Always	
K2AGE	Child 2 Age _____ Sex _____	K2GENDER
K2WGHT	Child 2 weight (circle one) Very Underweight Underweight Average Overweight Very Overweight	
K2DIET	How often does child 2 diet? (circle one) Never Rarely Sometimes Often Always	

56. How worried are you about your children's weight in general? (circle one number) KIDWOR92
Not at all 1 2 3 4 5 Extremely worried

57. How much control do you have over your children's eating habits? (circle one number) KIDCONT
Not at all 1 2 3 4 5 Extremely worried

Substance Use

58. How often do you become intoxicated from drugs or alcohol? (circle one) INTOX92
Never Rarely Sometimes Often Always

59. To what extent is your work suffering from your use of drugs or alcohol? (circle one) INTSRK92
Not at all A little Moderately Very Much Extremely

60. How worried or concerned are you about your use of drugs or alcohol? (circle one) INTWOR92
Not at all A little Moderately Very Much Extremely

61. He are interested in your experiences regarding issues of body weight, dieting, or exercising. Do you have any special comments about your eating habits or body weight issues that you think we should have asked about?

Thank you very much for your participation in this study. When you have completed the questionnaire, please mail it in the enclosed envelope to: Dr. Todd Heatherton, Health and Eating Patterns Research Project, Harvard University, 33 Kirkland Street, Cambridge, MA 02138. Call (617) 495-3898 if you have any questions.