

After thoroughly looking through the datasets offered by the Harvard Dataverse, I was intrigued by the codebook that focused on following up on previous participants and conducting a replication of the study that followed how prevalent bulimia is among college students (specifically, Harvard college students).

While figuring out how common bulimia can be in college students is something I find interesting in itself, I do know that what I am more intrigued with when it comes to this study's information is how prevalent bulimia is in the students who were first asked in this study as they have aged. Seeing whether as they grew their mindset has evolved and there has been a decrease in the commonality of bulimia, or if they were inspired to get professional help after being included in this study. Eating disorders have been something I have seen in media and found very intriguing because of the psychology behind it, and how common and not seriously discussed it was in the early 2000s.

Secondly, I am interested to see the comparison between the first study to the more recent one to see if the new batch of students have a higher risk of bulimia or if there is a negative trend as time goes on.



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

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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 1023

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

7D - IDENTIFICATION
NUMBER

Health and Eating Patterns Research Project
Radcliffe and Harvard Colleges 1991

REPLICATION STUDY

1. Sex: Male ☐ Female ☐ 2. Age: SEX92 AGE92
3. Are you: (check all that apply)
☐ African-American ☐ Asian ☐ Caucasian ☐ Hispanic ☐ Other (specify) ETHNIC92
4. Parents' current occupation or last occupation if retired or deceased. (Please be specific)
Mother _____ Father OCCUP92
5. What is your parents' current marital status? (check appropriate spaces)
☐ Married to each other ☐ Separated ☐ Divorced ☐ Mother remarried ☐ Father remarried PARMAR92
☐ Widowed ☐ Mother remarried ☐ Father remarried ☐ Other _____
6. How old are your parents? (or list year of their birth if deceased) Mother _____ Father MONAGE92
DADAGE92
7. How many brothers and sisters, now living, do you have? TOTS1892
Number of older brothers NUMOLBRO Number of older sisters NUMOLSYS
Number of younger brothers NUMYOBRO Number of younger sisters NUMYOSIS
8. Has there been a history of any of the following in your immediate family? (place a check next to those that apply)
- | You | Mother | Father | Siblings | |
|----------------|----------------|----------------|----------------|---|
| <u>V8A-92</u> | <u>V8C-92</u> | <u>V8D-92</u> | <u>V8E-92</u> | Alcoholism |
| <u>V10A-92</u> | <u>V10C-92</u> | <u>V10D-92</u> | <u>V10E-92</u> | Diabetes |
| <u>V12A-92</u> | <u>V12C-92</u> | <u>V12D-92</u> | <u>V12E-92</u> | Heart disease |
| <u>V14A-92</u> | <u>V14C-92</u> | <u>V14D-92</u> | <u>V14E-92</u> | Migraine headaches |
| <u>V16A-92</u> | <u>V16C-92</u> | <u>V16D-92</u> | <u>V16E-92</u> | Obesity (50 lbs. or more) |
| <u>SAD92</u> | <u>SAM92</u> | <u>SAD92</u> | <u>SAS92</u> | Mild depression |
| <u>V9A-92</u> | <u>V9C-92</u> | <u>V9D-92</u> | <u>V9E-92</u> | Cancer |
| <u>V11A-92</u> | <u>V11C-92</u> | <u>V11D-92</u> | <u>V11E-92</u> | Drug abuse |
| <u>V13A-92</u> | <u>V13C-92</u> | <u>V13D-92</u> | <u>V13E-92</u> | High blood pressure |
| <u>UNWE92</u> | <u>UNWC92</u> | <u>UNWD92</u> | <u>UNWE92</u> | Underweight (20 lbs or more) |
| <u>V16A-92</u> | <u>V16C-92</u> | <u>V16D-92</u> | <u>V16E-92</u> | Phobias |
| <u>V17A-92</u> | <u>V17C-92</u> | <u>V17D-92</u> | <u>V17E-92</u> | Severe depression (requiring treatment) |
9. On average, how much of the following do you use? (please provide a specific number)
- | | Cigarettes per day | Beer per week (number of bottles) |
|-----------------|--------------------|-----------------------------------|
| <u>CPD92</u> | <u>BEER92</u> | |
| <u>W9-92</u> | <u>LIQ92</u> | |
| <u>COFFEE92</u> | <u>TEA92</u> | |
| <u>DSODA92</u> | <u>SODA92</u> | |
| <u>MILK92</u> | <u>WATER92</u> | |
10. 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
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?
Not at all 1 2 3 4 5 6 7 Completely satisfied SATRELM
13. How satisfied are you with your relationship with your mother? (circle one number)
Not at all 1 2 3 4 5 6 7 Completely satisfied SATRELM
14. How satisfied are you with your relationship with your father? (circle one number)
Not at all 1 2 3 4 5 6 7 Completely satisfied SATRELDAD
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 HOWCRITDD
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 WRKSAT92

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)
WGLTF92 Weight lifting RACQ92 Racquet sports AERO92 Aerobics DANCE92 Dance
SWIM92 Swimming RUN92 Running BIKE92 Biking WALK92 Brisk walking
EXERC92 Exercise Bike STAIR92 Stairmaster ROW92 Rowing NORD92 Nordictack
VARSITY Varsity Athletics (specify VARSPORT) INTRAMUR Intramural Athletics (specify _____)
OTHE92 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 Rarely Sometime Often Very Often Always
1 2 3 4 5 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. **MSTW6T16, AGE60S**
39. What is the least you have weighed since age 16? _____ lbs. How old were you at that time? _____ years. **LSTW6T16, AGELEAST**
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 1	Monthly 2	Weekly 3	Daily 4	Twice or more per day 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**
49. 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) **OFMCMWGT**
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 *OFFRBNG*
56. How often do you and your roommates or friends have a "group binge" or "pig out"? (circle one)
 Never Rarely Sometimes Often Always *OFGRPBNG*

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

	Never	Age Started	In High School	Since College	Continuing	Current times per week (specify)
<i>BINGE92</i> Go on eating binges	—	<i>BNGAGE92</i>	Not Now	Not Now	Now	<i>BNGWK92</i>
<i>DIUR92</i> Use diuretics ("water pills")	—	<i>DIUAGE92</i>	—	—	—	<i>DIUWK92</i>
<i>PILL92</i> Use diet pills	—	<i>PILLAGE92</i>	—	—	—	<i>PILLWK92</i>
<i>87-92</i> Use laxatives to control weight	—	<i>LAXAGE92</i>	—	—	—	<i>V88-92</i>
<i>89-92</i> Fast or severely limit what you eat	—	<i>FSTAGE92</i>	—	—	—	<i>V90-92</i>
<i>91-92</i> Intentionally vomit	—	<i>VOMAGE92</i>	—	—	—	<i>V92-92</i>
<i>EXOMP92</i> Exercise compulsively	—	<i>EXA92</i>	—	—	—	<i>EXWK92</i>

58. 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

59. If you binge, are you worried about this behavior? (circle one number) *BNGWOR92*
 Not at all 1 2 3 4 5 Extremely worried

Substance Use

60. How often do you become intoxicated from drugs or alcohol? (circle one) *INTOX92*
 Never Rarely Sometimes Often Always
61. To what extent is your school work suffering from your use of drugs or alcohol? (circle one) *WRKDRAL*
 Not at all A little Moderately Very Much Extremely
62. 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

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	_____ UHS nutritionist
_____ Friends/Roommates	_____ UHS nurse or physician
_____ Master, Senior Tutor, or House Tutor	_____ UHS individual counselor
_____ Teaching Fellow or Faculty	_____ UHS therapy group
_____ Peer counseling hotline (e.g. ECHO)	_____ Bureau of Study Counsel individual counselor
_____ Minister, Priest, Rabbi	_____ Bureau of Study Counsel Eating Concerns Group
_____ Self-help groups (OA)	_____ Coach
_____ Health Educator	_____ Would handle it myself
_____ Other (please explain) _____	

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

- WRKOUT92
30-60 mins. More than 60 mins.

- EXREAS92
Stress Management Enjoyment

17. What type of exercising do you do? (check all those that in which you regularly participate)
- | | | | | | | | |
|--------|-----------------------|---------|----------------|--------|----------|---------|---------------|
| WGTF92 | Weight lifting | RAC92 | Racquet sports | AERO92 | Aerobics | DANCE92 | Dance |
| SWIM92 | Swimming | RUN92 | Running | BIKE92 | Biking | WALK92 | Brisk walking |
| EXBK92 | Exercise Bike | STAIR92 | Stairmaster | ROW92 | Rowing | NORD92 | Nordictrack |
| OTHE92 | Other (specify _____) | | | | | | |

18. When you exercise do you prefer to exercise ☐ Alone ☐ With just one friend ☐ With a group of people ☐ Don't care PREEXE92

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

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 |
| | | | | v28 | 92 |
| | | | | v29 | 92 |
| | | | | v30 | 92 |
| | | | | v31 | 92 |
| | | | | v32 | 92 |
| | | | | v33 | 92 |
| | | | | v34 | 92 |
| | | | | v35 | 92 |
| | | | | v36 | 92 |
| | | | | v37 | 92 |
| | | | | v38 | 92 |
| | | | | v39 | 92 |
| | | | | v40 | 92 |
| | | | | v41 | 92 |
| | | | | v42 | 92 |
| | | | | v43 | 92 |
| | | | | v44 | 92 |
| | | | | v45 | 92 |
| | | | | v46 | 92 |
| | | | | v47 | 92 |
| | | | | v48 | 92 |
| | | | | v49 | 92 |
| | | | | v50 | 92 |
| | | | | v51 | 92 |

Weight History

- Current height V54 92 (inches) Current weight V55 92 in pounds

- | | | | | | |
|---|-------|--------|-----------|---------|--------|
| 23. How often are you dieting? (circle one for each question) | Never | Rarely | Sometimes | Usually | Always |
| 24. Do you eat sensibly in front of others and splurge alone? | Never | Rarely | Sometimes | Usually | Always |

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: Loss 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: Loss 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
1 | Monthly
2 | Weekly
3 | Daily
4 | Twice or more per day
5 |
|-----------------------------|-------------------------------------|------------------------------|----------------|------------|----------------------------|
| <u>V66_92</u> Eat breakfast | <u>V67_92</u> Eat lunch | <u>V68_92</u> Eat dinner | <u>SNACK92</u> | | Snack |
| <u>V69_92</u> Eat alone | <u>V70_92</u> Eat with other people | <u>V71_92</u> Eat at parties | <u>WEIGH92</u> | | 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) WGT1ST
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)
- | | | |
|--------------------------------|----------------------------|--|
| <u>V74_92</u> Low fat | <u>V77_92</u> High protein | <u>V79_92</u> Overeaters Anonymous |
| <u>V75_92</u> Low calorie | <u>JENNY92</u> Jenny Craig | <u>NUSYS92</u> Nutrisystem |
| <u>V76_92</u> Low carbohydrate | <u>FSTNG92</u> Fasting | <u>LIQUID92</u> Liquid Diet (Slimfast, Optifast) |
| <u>V78_92</u> Weight Watchers | <u>V85_92</u> Diet Pills | <u>V80_92</u> 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 _____
PILLS92 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. 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: 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.