Results

Your Name

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| **Variable name** | **Question** | **Response options** |
| exercise | Exercised excessively  (e.g. felt compelled to exercise, felt uneasy or distressed if unable to exercise) | 1=never; 2=a few times, but it never became a habit; 3=more often |
| ex\_compel | Have you ever felt compelled to exercise-like you had to do it-to control your body shape or weight? | 1=Yes | 0=No | -9=Don’t know |
| ex\_distress | Have you ever felt uneasy or distressed if unable to exercise? | 1=Yes | 0=No | -9=Don’t know |
| ex\_friend | Have there been times when you declined opportunities to be with friends in order to exercise? | 1=Yes | 0=No | -9=Don’t know |
| ex\_ill | Have you exercised despite an injury or illness that would have prevented others from exercising? | 1=Yes | 0=No | -9=Don’t know |
| ex\_diet | Have there been times you modified your diet/eating habits if you were unable to exercise for any reason? | 1=Yes | 0=No | -9=Don’t know |
| ex\_age | How old were you when you first exercised to control your weight and shape AND felt either compelled to exercise or distressed if unable to exercise? | integer, Min:0, Max: 120 |
| ex\_dur | For how long did you feel compelled to exercise or felt distressed if unable to exercise? | 1=Less than 1 month | 2=1 to 2 months | 3=3 to 5 months | 4=6-12 months | 5=More than 1 year | -9=Don’t know |
| ex\_freq | During these periods, how frequently did you exercise excessively in a week? | 1=Less than once a week | 2=At least once a week | 3=At least twice a week | 4=Every day/ nearly every day | -9=Don’t know |
| ex\_current | Do you currently exercise to control weight and shape AND feel compelled to exercise or distress if unable to exercise? | 1=Yes | 0=No |
| ex\_age\_last | How old were you when you stopped exercising to control your weight and shape AND felt either compelled to exercise or distressed if unable to exercise? | integer, Min:0, Max: 120 |
| Be\_icb\_5 | Have you ever used any of the following to compensate for episodes of binge eating or overeating? (Mark all that apply) (choice=Exercised excessively (e.g., felt compelled to exercise, felt uneasy or distressed if unable to exercise)) |  |
| Icb\_lowt\_5 | Exercised excessively (e.g., felt compelled to exercise, felt uneasy or distressed if unable to exercise) |  |

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| **Scoring Approach** | **Criteria** | **Nested Within** |
| 1. ‘Q1 Any’ | Participant endorses that they have exercised excessively (e.g. felt compelled to exercise, felt uneasy or distressed if unable to exercise) to control weight or shape ‘A few times’ or more | NA | |  |  |
| 1. ‘Q1 Regular’ | Participant endorses that they have exercised excessively (e.g. felt compelled to exercise, felt uneasy or distressed if unable to exercise) to control weight or shape ‘more often’ | 1 |  |  |
| 1. ‘Driven/Compulsive Exercise Broad’ (Q1 Validation) | Q1 Any (#1)  Ever felt compelled to exercise == ‘YES’ OR Ever uneasy or distressed when unable to exercise == ‘YES’ | 1 |
| 1. ‘Driven/Compulsive Exercise Narrow’ (Q1 Validation) | Q1 Regular (#1, #2)  Ever felt compelled to exercise == ‘YES’ OR Ever uneasy or distressed when unable to exercise == ‘YES’ | 1, 2 |
| 1. ‘Addictive Exercise’ | Q1 Regular (#1,#2)  Driven/Compulsive symptom verified (#3)  Duration >= 3 months  1 or more of the following:  -caused to change eating habits  -decline opportunities to be with friends  -exercised despite illness or injury | 1, 2, 3 |
| 1. ‘Excessive Exercise’ (with compulsive features) | Q1 Regular (#1,#2)  Driven/Compulsive symptom verified (#3)  Duration >= 1 month  Frequency = ‘Every Day’ or ‘Nearly Every Day’ | 1, 2, 3 |
| 1. ‘Compensatory Exercise’ | Have you ever used any of the following to compensate for episodes of binge eating or overeating? (Mark all that apply) (choice=Exercised excessively (e.g., felt compelled to exercise, felt uneasy or distressed if unable to exercise)) | NA |
| 1. ‘**Current** Maladaptive Exercise’ | Q1 Any (#1)  Driven/Compulsive symptom verified  Do you *currently* exercise to control weight and shape AND  Feel compelled to exercise OR distress if unable to exercise? == ‘YES’ | 1, 3 |