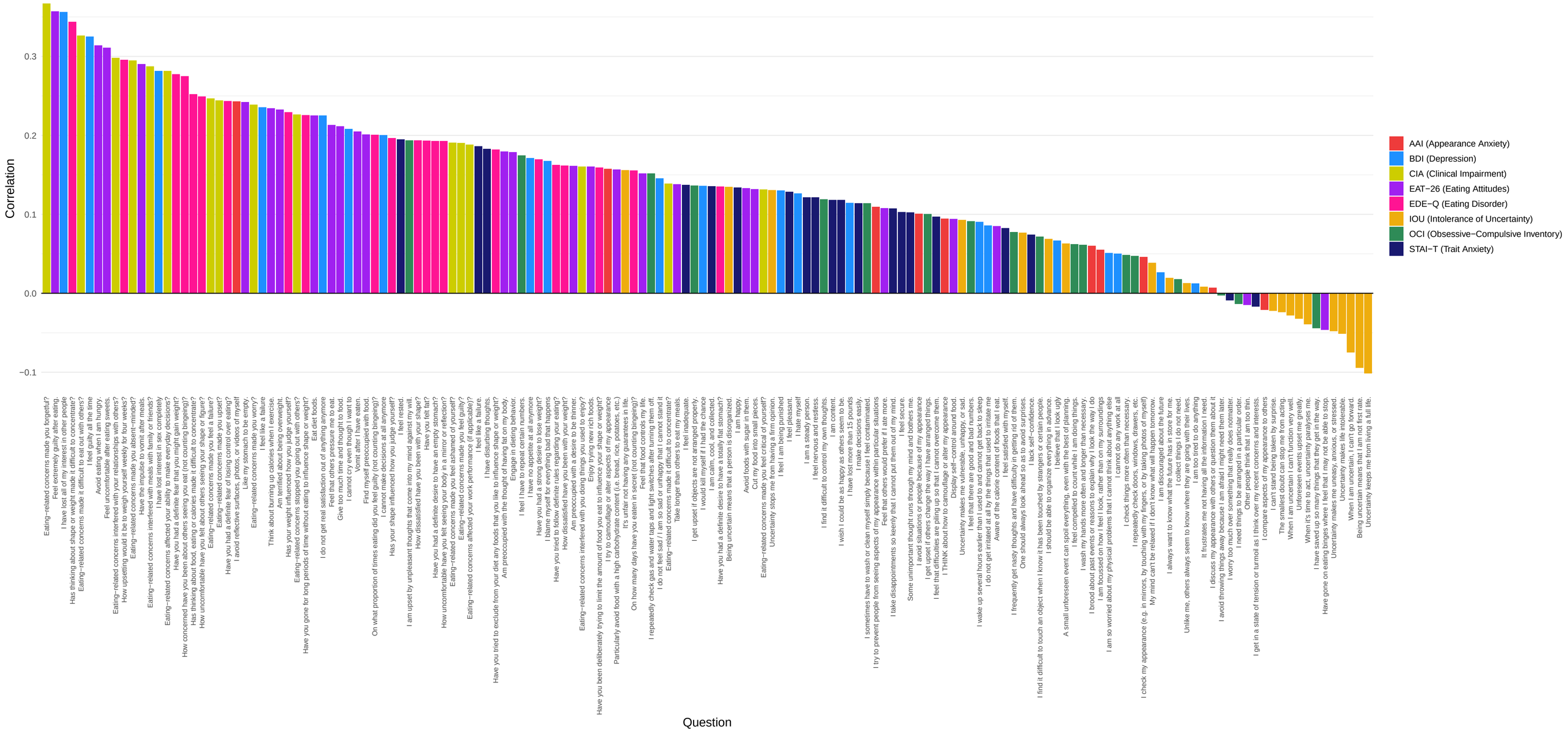
Correlation
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Question
Eating−related concerns made you forgetful?
Feel extremely guilty after eating.
I have lost all of my interest in other people
Has thinking about shape or weight made it difficult to concentrate?
Eating−related concerns made it difficult to eat out with others?
I feel guilty all the time
Avoid eating when I am hungry.
Feel uncomfortable after eating sweets.
Eating−related concerns interfered with your relationships with others?
How upsetting would it be to weigh yourself weekly for four weeks?
Eating−related concerns made you absent−minded?
Have the impulse to vomit after meals.
Eating−related concerns interfered with meals with family or friends?
I have lost interest in sex completely
Eating−related concerns affected your ability to make everyday decisions?
Have you had a definite fear that you might gain weight?
How concerned have you been about others seeing you eat (not counting bingeing)?
Has thinking about food, eating or calories made it difficult to concentrate?
How uncomfortable have you felt about others seeing your shape or figure?
Eating−related concerns made you feel a failure?
Eating−related concerns made you upset?
Have you had a definite fear of losing control over eating?
I avoid reflective surfaces, photos, or videos of myself
Like my stomach to be empty.
Eating−related concerns made you worry?
I feel like a failure
Think about burning up calories when I exercise.
Am terrified about being overweight.
Has your weight influenced how you judge yourself?
Eating−related concerns stopped you going out with others?
Have you gone for long periods of time without eating to influence shape or weight?
Eat diet foods.
I do not get real satisfaction out of anything anymore
Feel that others pressure me to eat.
Give too much time and thought to food.
I cannot cry even though I want to
Vomit after I have eaten
Find myself preoccupied with food.
On what proportion of times eating did you feel guilty (not counting bingeing)?
I cannot make decisions at all anymore
Has your shape influenced how you judge yourself?
I feel rested.
I am upset by unpleasant thoughts that come into my mind against my will.
How dissatisfied have you been with your shape?
Have you felt fat?
Have you had a definite desire to have an empty stomach?
How uncomfortable have you felt seeing your body in a mirror or reflection?
Eating−related concerns made you feel ashamed of yourself?
Eating−related concerns made you feel guilty?
Eating−related concerns affected your work performance (if applicable)?
I feel like a failure.
I have disturbing thoughts.
Have you tried to exclude from your diet any foods that you like to influence shape or weight?
Am preoccupied with the thought of having fat on my body.
Engage in dieting behavior.
I feel I have to repeat certain numbers.
I have no appetite at all anymore
Have you had a strong desire to lose weight?
I blame myself for everything bad that happens
Have you tried to follow definite rules regarding your eating?
How dissatisfied have you been with your weight?
Am preoccupied with a desire to be thinner.
Eating−related concerns interfered with you doing things you used to enjoy?
Enjoy trying new rich foods.
Have you been deliberately trying to limit the amount of food you eat to influence your shape or weight?
I try to camouflage or alter aspects of my appearance
Particularly avoid food with a high carbohydrate content (i.e. bread, rice, potatoes, etc.)
It's unfair not having any guarantees in life.
On how many days have you eaten in secret (not counting bingeing)?
Feel that food controls my life.
I repeatedly check gas and water taps and light switches after turning them off.
I do not feel sad / I am so sad or unhappy that I cannot stand it
Eating−related concerns made it difficult to concentrate?
Take longer than others to eat my meals.
I feel inadequate.
I get upset if objects are not arranged properly.
I would kill myself if I had the chance
I am calm, cool, and collected.
Have you had a definite desire to have a totally flat stomach?
Being uncertain means that a person is disorganized.
I am happy.
Avoid foods with sugar in them.
Cut my food into small pieces.
Eating−related concerns made you feel critical of yourself?
Uncertainty stops me from having a firm opinion.
I feel I am being punished
I feel pleasant.
I hate myself
I am a steady person.
I feel nervous and restless.
I find it difficult to control my own thoughts.
I am content.
I wish I could be as happy as others seem to be.
I have lost more than 15 pounds
I make decisions easily.
I sometimes have to wash or clean myself simply because I feel contaminated.
I try to prevent people from seeing aspects of my appearance within particular situations
Feel that others would prefer if I ate more.
I take disappointments so keenly that I cannot put them out of my mind.
I feel secure.
Some unimportant thought runs through my mind and bothers me.
I avoid situations or people because of my appearance
I get upset if others change the way I have arranged things.
I feel that difficulties are piling up so that I cannot overcome them.
I THINK about how to camouflage or alter my appearance
Display self−control around food.
Uncertainty makes me vulnerable, unhappy, or sad.
I feel that there are good and bad numbers.
I wake up several hours earlier than I used to and cannot get back to sleep
I do not get irritated at all by the things that used to irritate me
Aware of the calorie content of foods that I eat.
I feel satisfied with myself.
I frequently get nasty thoughts and have difficulty in getting rid of them.
One should always look ahead so as to avoid surprises.
I lack self−confidence.
I find it difficult to touch an object when I know it has been touched by strangers or certain people.
I should be able to organize everything in advance.
I believe that I look ugly
A small unforeseen event can spoil everything, even with the best of planning.
I feel compelled to count while I am doing things.
I wash my hands more often and longer than necessary.
I brood about past events or reasons to explain why I look the way I do
I am focussed on how I feel I look, rather than on my surroundings
I am so worried about my physical problems that I cannot think about anything else
I cannot do any work at all
I check things more often than necessary.
I repeatedly check doors, windows, drawers, etc.
I check my appearance (e.g. in mirrors, by touching with my fingers, or by taking photos of myself)
My mind can't be relaxed if I don't know what will happen tomorrow.
I am discouraged about the future
I always want to know what the future has in store for me.
I collect things I do not need.
Unlike me, others always seem to know where they are going with their lives.
I am too tired to do anything
It frustrates me not having all the information I need.
I discuss my appearance with others or question them about it
I avoid throwing things away because I am afraid I might need them later.
I worry too much over something that really does notmatter.
I need things to be arranged in a particular order.
Other people think that I am too thin.
I get in a state of tension or turmoil as I think over my recent concerns and interests.
I compare aspects of my appearance to others
I can't stand being taken by surprise.
The smallest doubt can stop me from acting.
When I am uncertain I can't function very well.
Unforeseen events upset me greatly.
When it's time to act, uncertainty paralyses me.
I have saved up so many things that they get in the way.
Have gone on eating binges where I feel that I may not be able to stop.
Uncertainty makes me uneasy, anxious, or stressed.
Uncertainty makes life intolerable.
When I am uncertain, I can't go forward.
Being uncertain means that I am not first rate.
Uncertainty keeps me from living a full life.
AAI (Appearance Anxiety)
BDI (Depression)
CIA (Clinical Impairment)
EAT−26 (Eating Attitudes)
EDE−Q (Eating Disorder)
IOU (Intolerance of Uncertainty)
OCI (Obsessive−Compulsive Inventory)
STAI−T (Trait Anxiety)