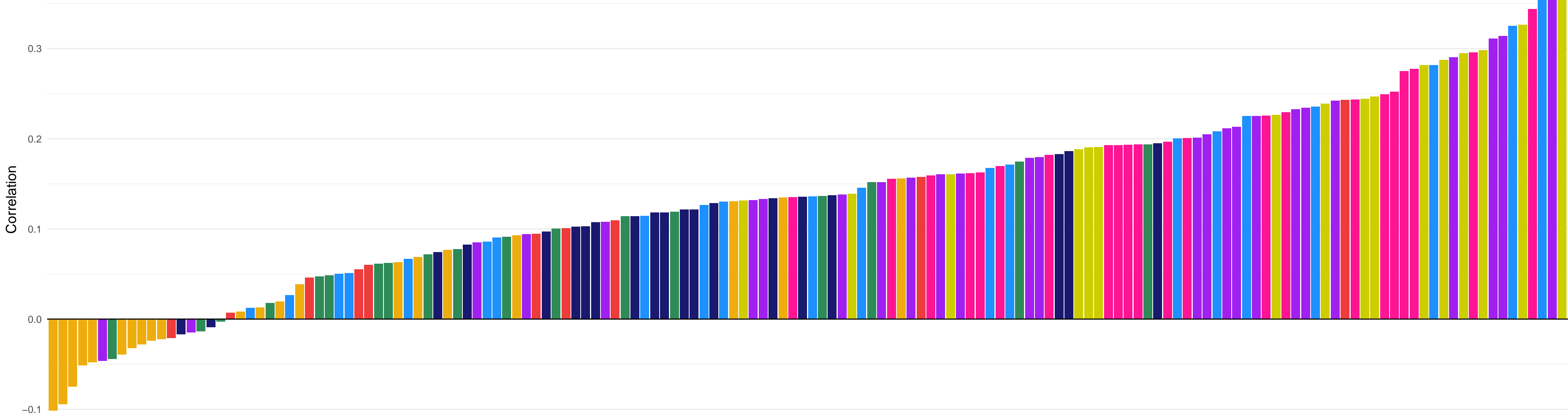


Correlation



- 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)

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

Question