| | | | | | | | |
|---|---|---|---|---|---|---|---|
| ID | | | | | | | RID |
| NC | | | | | | | |
| VN | 0 | 0 | | | | | VISIT |

# NHLBI GROWTH AND HEALTH STUDY

## HEALTH BELIEFS AND ATTITUDES - A

MALFEM

1. Is the parent/guardian male or female? ..... Male ☐ Female ☐

**HAND SHOW CARD #1**

2. How happy or unhappy do you think the following people would feel about your weight if they were asked?

**(READ THE RESPONSE CATEGORIES)**

| | | Very Happy | Happy | Unhappy | Very Unhappy | Do Not Have One |
|---|---|---|---|---|---|---|
| MATEWT | A. How happy is your husband/wife/partner | ☐ | ☐ | ☐ | ☐ | ☐ |
| NGHSCWT | B. How happy is your child in this study ..... | ☐ | ☐ | ☐ | ☐ | ☐ |
| DADWT | C. How happy is your father ..... | ☐ | ☐ | ☐ | ☐ | ☐ |
| MOMWT | D. How happy is your mother ..... | ☐ | ☐ | ☐ | ☐ | ☐ |

3. Are you thinner or heavier than your best friend who is the same sex as you?

THINHEAV

Are you **(READ THE CATEGORIES)**:

| | | |
|---|---|---|
| Much thinner ..... | ☐ | 1 |
| Thinner ..... | ☐ | 2 |
| About the same ..... | ☐ | 3 |
| Heavier ..... | ☐ | 4 |
| Much heavier ..... | ☐ | 5 |

**HAND SHOW CARD #2**

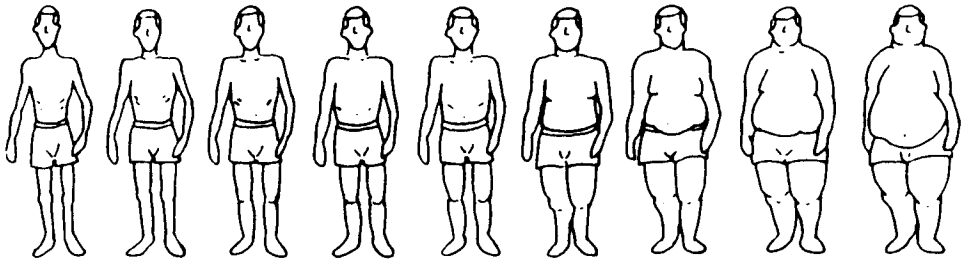
4. How strongly do you agree or disagree that being thin would make someone your age:

(READ THE CATEGORIES FOR A AND THEN AS NECESSARY)

| (REPEAT THE QUESTIONS AS NECESSARY) | | Strongly Agree | Agree | Doesn't Matter | Dis-agree | Strongly Disagree |
|---|---|---|---|---|---|---|
| POPULTH A. | Well liked | ☐ | ☐ | ☐ | ☐ | ☐ |
| FELBETTH B. | Feel better about themself | ☐ | ☐ | ☐ | ☐ | ☐ |
| LESSUCTH C. | Less able to succeed | ☐ | ☐ | ☐ | ☐ | ☐ |
| MORATTRT D. | More attractive to men/women | ☐ | ☐ | ☐ | ☐ | ☐ |
| MANWOMTH E. | Feel less like a woman/man | ☐ | ☐ | ☐ | ☐ | ☐ |
| CONFIDTH F. | Less confident | ☐ | ☐ | ☐ | ☐ | ☐ |
| PUSHEDTH G. | Less likely to get pushed around | ☐ | ☐ | ☐ | ☐ | ☐ |
| THINHLTH H. | Healthier | ☐ | ☐ | ☐ | ☐ | ☐ |

**HAND SHOW CARD #3**

5A. Please tell me which figure looks like your father when he was your present age.



Don't Know ☐

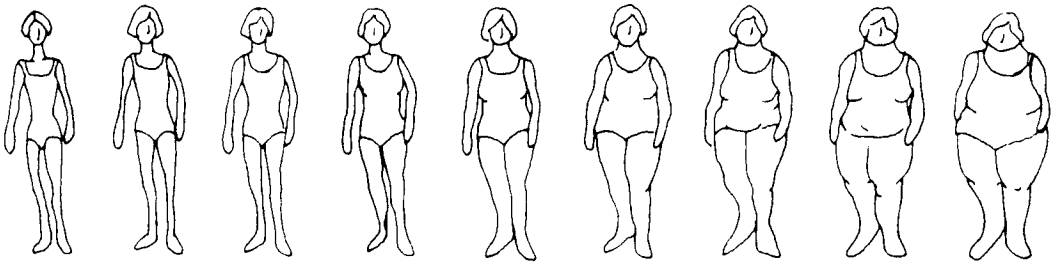
☐ A ☐ B ☐ C ☐ D ☐ E ☐ F ☐ G ☐ H ☐ I

DADIMAGE

**HAND SHOW CARD #4**

MOMIMAGE

5B. Please tell me which figure looks like your mother when she was your present age.



Don't Know ☐

☐ A ☐ B ☐ C ☐ D ☐ E ☐ F ☐ G ☐ H ☐ I

6. Within the last two years, have any of the following people ever told you that you are too thin?

| | | | Yes | No | Do Not Have One |
|---|---|---|---|---|---|
| A. | Your husband/wife/partner | MATETHIN | ☐ | ☐ | ☐ |
| B. | Any male friend | MALETHIN | ☐ | ☐ | ☐ |
| C. | Any female friend | FEMTHIN | ☐ | ☐ | ☐ |
| D. | Any coworker | COWKTHIN | ☐ | ☐ | ☐ |
| E. | Your child in this study | NGHSCTHN | ☐ | ☐ | ☐ |
| F. | A sister | SISTHIN | ☐ | ☐ | ☐ |
| G. | A brother | BROTHIN | ☐ | ☐ | ☐ |
| H. | Your mother | MOMTHIN | ☐ | ☐ | ☐ |
| I. | Your father | DADTHIN | ☐ | ☐ | ☐ |

7. Within the last two years, have any of the following people ever told you that you are too fat?

| | | | Yes | No | Do Not Have One |
|---|---|---|---|---|---|
| A. | Your husband/wife/partner | MATEFAT | ☐ | ☐ | ☐ |
| B. | Any male friend | MALFAT | ☐ | ☐ | ☐ |
| C. | Any female friend | FEMFAT | ☐ | ☐ | ☐ |
| D. | Any coworker | COWKFAT | ☐ | ☐ | ☐ |
| E. | Your child in this study | NGHSCFAT | ☐ | ☐ | ☐ |
| F. | A sister | SISFAT | ☐ | ☐ | ☐ |
| G. | A brother | BROFAT | ☐ | ☐ | ☐ |
| H. | Your mother | MOMFAT | ☐ | ☐ | ☐ |
| I. | Your father | DADFAT | ☐ | ☐ | ☐ |

**HAND SHOW CARD #5**

8. How important are the following things to you?

| (REPEAT THE QUESTIONS AS NECESSARY) | Very Important | Important | Unimportant | Very Unimportant |
|---|---|---|---|---|
| | (READ CATEGORIES FOR A AND AS NECESSARY) | | | |
| A. Is being well liked POPULIMP | ☐ | ☐ | ☐ | ☐ |
| B. Is looking attractive ATTRIMP | ☐ | ☐ | ☐ | ☐ |
| C. Is looking thin THINIMP | ☐ | ☐ | ☐ | ☐ |
| D. Is being healthy HLTHIMP | ☐ | ☐ | ☐ | ☐ |
| E. Is looking masculine (if male)/ looking feminine (if female) MASFEMIM | ☐ | ☐ | ☐ | ☐ |
| F. Is not being fat NOFATIMP | ☐ | ☐ | ☐ | ☐ |
| G. Is having a loving family LOVFAMIM | ☐ | ☐ | ☐ | ☐ |
| H. Is doing well at your work WELWRKIM | ☐ | ☐ | ☐ | ☐ |
| I. Is participating in sports or physically active games SPORTSIM | ☐ | ☐ | ☐ | ☐ |
| J. Is being in good shape GODSHPIM | ☐ | ☐ | ☐ | ☐ |
| K. Is not being skinny SKINYIMP | ☐ | ☐ | ☐ | ☐ |

**HAND SHOW CARD #6**

9. How strongly do you agree or disagree with the following: I usually feel like eating something:

| (REPEAT FOR A THROUGH H. I USUALLY FEEL LIKE EATING SOMETHING:) | Strongly Agree | Agree | Doesn't Matter | Dis-agree | Strongly Disagree |
|---|---|---|---|---|---|
| | (READ RESPONSE CATEGORIES FOR A AND AS NECESSARY) | | | | |
| A. When I'm nervous ....NERV.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| B. When I'm under pressure PRESS | ☐ | ☐ | ☐ | ☐ | ☐ |
| C. When I'm bored ....BORED.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| D. When I'm sad ....SAD.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| E. When I'm happy ....HAPPY.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| F. When things aren't going my way NOTGOWY ..... | ☐ | ☐ | ☐ | ☐ | ☐ |
| G. When I'm mad ....MAD.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| H. When I'm celebrating CELEBRAT | ☐ | ☐ | ☐ | ☐ | ☐ |

**CONTINUE WITH SAME SHOW CARD**

10. Do you agree or disagree that being fat would make someone your age:

| (REPEAT THE QUESTION AS NECESSARY) | Strongly Agree | Agree | Doesn't Matter | Dis-agree | Strongly Disagree |
|---|---|---|---|---|---|
| | (READ RESPONSE CATEGORIES FOR A AND THEN AS NECESSARY) | | | | |
| A. Well liked ....POPULFAT.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| B. Feel better about themself ....FELBTFAT.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| C. Less able to succeed ....NOSUCFAT.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| D. More attractive to men/women ....ATTRFAT.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| E. Feel less like a woman/man ....MANWMFAT.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| F. Less confident ....LESCNFAT.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| G. Less likely to get pushed around ....PUSHFAT.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| H. Healthier ....HLTHFAT.... | ☐ | ☐ | ☐ | ☐ | ☐ |

**IF FEMALE, SKIP TO ITEM 15.**

MALE

**HAND SHOW CARD #7**

11. How happy or unhappy are you with these parts of your body?

(READ THE RESPONSE CATEGORIES FOR A AND AS NECESSARY)

| | | Very Happy | Happy | Unhappy | Very Unhappy |
|---|---|---|---|---|---|
| A. | Your height ..... MHT ..... | ☐ | ☐ | ☐ | ☐ |
| B. | Your weight ..... MWT ..... | ☐ | ☐ | ☐ | ☐ |
| C. | Your skin color ..... MCOLOR ..... | ☐ | ☐ | ☐ | ☐ |
| D. | Your chest ..... MCHEST ..... | ☐ | ☐ | ☐ | ☐ |
| E. | Your waist ..... MWAIST ..... | ☐ | ☐ | ☐ | ☐ |
| F. | Your stomach ..... MSTOM ..... | ☐ | ☐ | ☐ | ☐ |
| G. | Your hips ..... MHIPS ..... | ☐ | ☐ | ☐ | ☐ |
| H. | Your behind ..... MBEHIND ..... | ☐ | ☐ | ☐ | ☐ |
| I. | Your arms ..... MARMS ..... | ☐ | ☐ | ☐ | ☐ |
| J. | Your thighs ..... MTHIGH ..... | ☐ | ☐ | ☐ | ☐ |
| K. | Your legs ..... MLEGS ..... | ☐ | ☐ | ☐ | ☐ |

12. What was the <u>most</u> you ever weighed after high school? ..... MMOSTWT ..... ___ ___ ___ lbs.

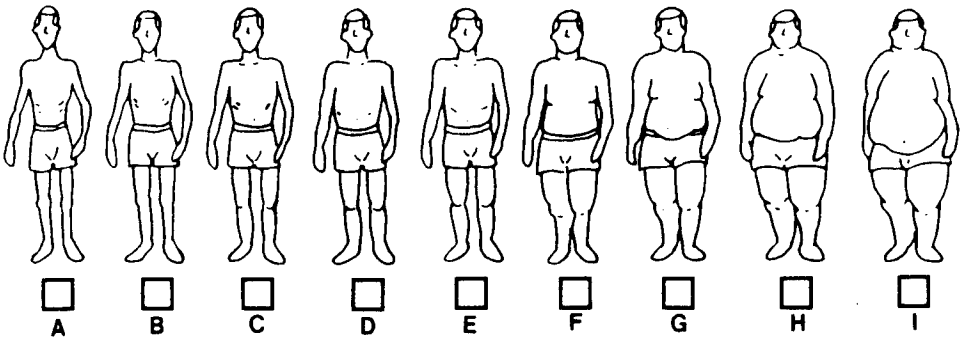
13. What was the least you have ever weighed after high school? ..... MLEASWT ___ ___ ___ lbs.

14. Please select the box under the figure that fits best.

MIMAGE

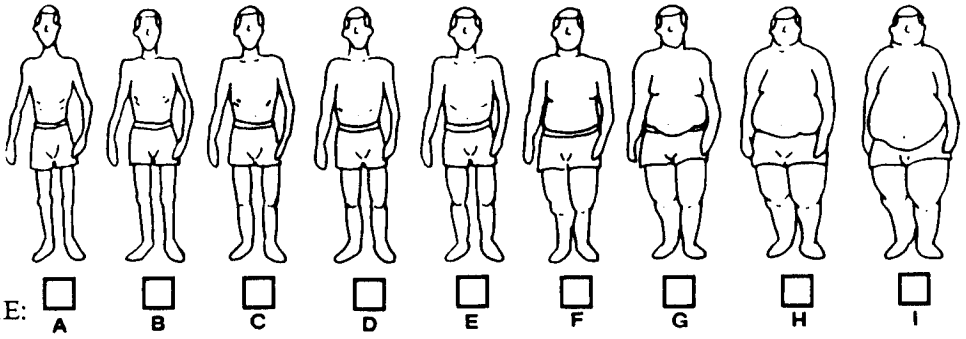
**HAND SHOW CARD #8**

A. RIGHT NOW, I LOOK LIKE:




**CONTINUE WITH SAME SHOW CARD**

B. I WOULD LIKE IT BEST, IF I NOW LOOKED LIKE:




MBESIMAG

**SKIP TO ITEM 19.**

FEMALE

HAND SHOW
CARD #9

15. How happy or unhappy are you with these parts of your body?

(READ THE RESPONSE CATEGORIES FOR A AND AS NECESSARY)

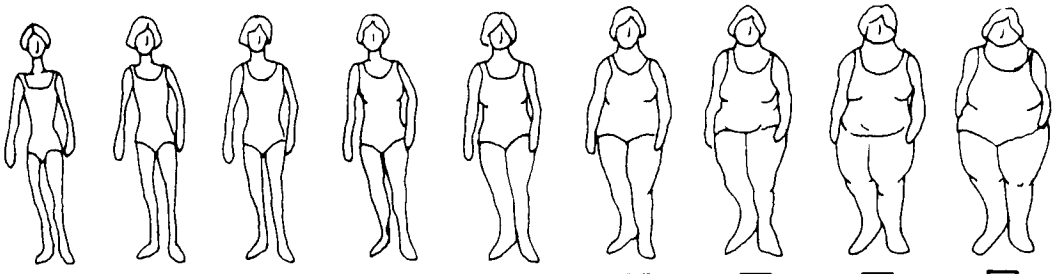
| | | Very Happy | Happy | Unhappy | Very Unhappy |
|---|---|---|---|---|---|
| A. | Your height ..... FHT ..... | ☐ | ☐ | ☐ | ☐ |
| B. | Your weight ..... FWT ..... | ☐ | ☐ | ☐ | ☐ |
| C. | Your skin color ..... FCOLOR ..... | ☐ | ☐ | ☐ | ☐ |
| D. | Your breasts ..... FBREAST ..... | ☐ | ☐ | ☐ | ☐ |
| E. | Your waist ..... FWAIST ..... | ☐ | ☐ | ☐ | ☐ |
| F. | Your stomach ..... FSTOM ..... | ☐ | ☐ | ☐ | ☐ |
| G. | Your hips ..... FHIPS ..... | ☐ | ☐ | ☐ | ☐ |
| H. | Your behind ..... FBEHIND ..... | ☐ | ☐ | ☐ | ☐ |
| I. | Your arms ..... FARMS ..... | ☐ | ☐ | ☐ | ☐ |
| J. | Your thighs ..... FTHIGH ..... | ☐ | ☐ | ☐ | ☐ |
| K. | Your legs ..... FLEGS ..... | ☐ | ☐ | ☐ | ☐ |

16. What was the MOST you have ever weighed after high school, except for when you were pregnant? ..... FMOSTWT ..... ___ ___ ___ lbs.

17. What was the LEAST you have ever weighed after high school? ..... FLEASWT ..... ___ ___ ___ lbs.

18. Please select the box under the figure that fits best. FIMAGE

HAND SHOW CARD #10

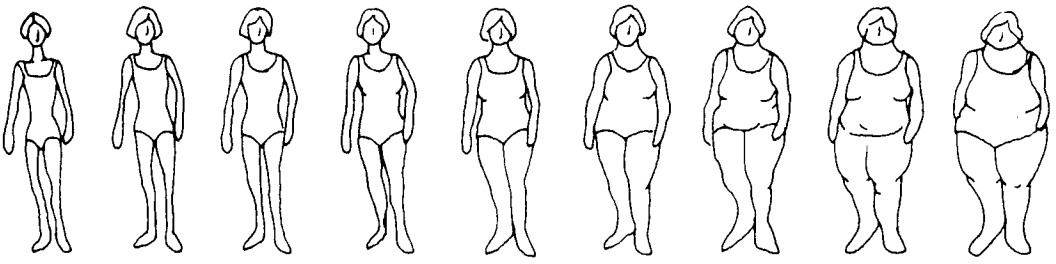


☐ A ☐ B ☐ C ☐ D ☐ E ☐ F ☐ G ☐ H ☐ I

A. RIGHT NOW, I LOOK LIKE:

CONTINUE WITH SAME SHOW CARD

B. I WOULD LIKE IT BEST, IF I NOW LOOKED LIKE: FBESIMAG

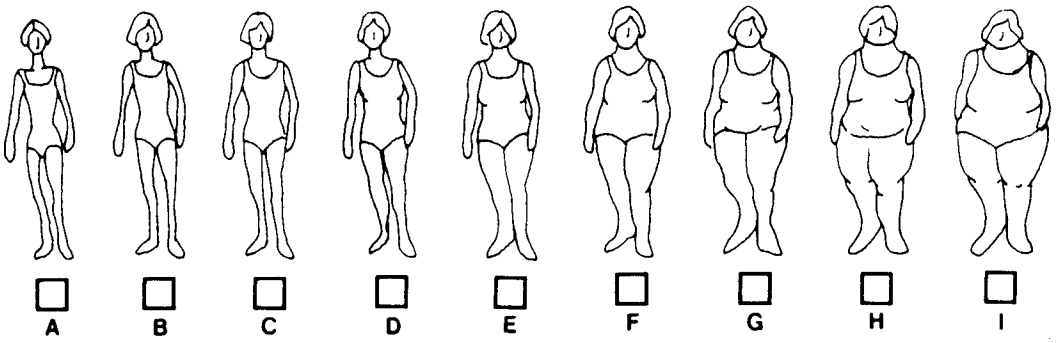


☐ A ☐ B ☐ C ☐ D ☐ E ☐ F ☐ G ☐ H ☐ I

**HAND SHOW CARD #10**

WOMBEST

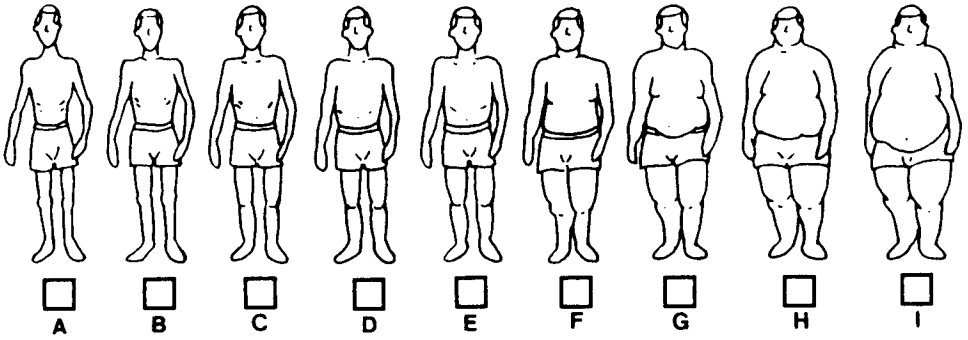
19. A woman looks best when she looks like:




**HAND SHOW CARD #11**

MANBEST

20. A man looks best when he looks like:



21. Do you have any close friends who are:

| | | Yes | No |
|---|---|---|---|
| A. | White? FRWHITE | ☐ | ☐ |
| B. | Black? FRBLACK | ☐ | ☐ |
| C. | Asian (for example, Chinese, Japanese, East Indian) or Pacific Islander? FRASIAN | ☐ | ☐ |
| FRAMIND D. | American Indian or Alaskan Native (for example, Eskimo)? | ☐ | ☐ |
| E. | Hispanic (for example, Puerto Rican, Mexican-American Cuban, Latin American)? FRHISP | ☐ | ☐ |

22. Which statement best describes your neighbors? NEIGH

| | | |
|---|---|---|
| Almost all are white | ☐ | 1 |
| About half are white and half are black | ☐ | 2 |
| Almost all are black | ☐ | 3 |

| | | Yes | No |
|---|---|---|---|
| 23. | Have you ever tried to lose weight? LOSWT | ☐ | ☐ |
| 24. | Are you trying to lose weight now? LOSWTNW | ☐ | ☐ |
| 25. | Have you ever tried to gain weight? GAINWT | ☐ | ☐ |
| 26. | Are you trying to gain weight now? GAINWTNW | ☐ | ☐ |

27. How much would you like to weigh now? .....WEIGHNOW..... ___ ___ ___ lbs.

**HAND SHOW CARD #12**

28. Before you were 12 years old, or before junior high school, were you:

B4AGE12

**(READ THE RESPONSE CATEGORIES)**

- Extremely thin ..... ☐ 1
- Somewhat thin ..... ☐ 2
- Not thin or overweight ..... ☐ 3
- Somewhat overweight ..... ☐ 4
- Extremely overweight ..... ☐ 5

**CONTINUE WITH SAME SHOW CARD**

29. When you were 14-18 years old, or during high school, were you usually:

HISCHOOL

**(READ THE RESPONSE CATEGORIES)**

- Extremely thin ..... ☐ 1
- Somewhat thin ..... ☐ 2
- Not thin or overweight ..... ☐ 3
- Somewhat overweight ..... ☐ 4
- Extremely overweight ..... ☐ 5

30. As a child were you frequently teased about your weight? FREQTEAS

- No ..... ☐ 1
- Yes, about being underweight ..... ☐ 2
- Yes, about being overweight ..... ☐ 3

**HAND SHOW CARD #12**

31. At your current weight do you feel that you are: FEELWT

**(READ THE RESPONSE CATEGORIES)**

- Extremely thin ..... ☐ 1
- Somewhat thin ..... ☐ 2
- Not thin or overweight ..... ☐ 3
- Somewhat overweight ..... ☐ 4
- Extremely overweight ..... ☐ 5

**HAND SHOW CARD #13**

32. How much would a FIVE-POUND weight gain affect your feelings about yourself?
GAIN5LB

**(READ THE RESPONSE CATEGORIES)**

- Extremely ..... ☐ 1
- Very much ..... ☐ 2
- Moderately ..... ☐ 3
- Slightly ..... ☐ 4
- Not at all ..... ☐ 5

**CONTINUE WITH SAME SHOW CARD**

33. How much would a FIVE-POUND weight loss affect your feelings about yourself?

LOS 5 LB

**(READ THE RESPONSE CATEGORIES)**

- Extremely ..... ☐ 1
- Very much ..... ☐ 2
- Moderately ..... ☐ 3
- Slightly ..... ☐ 4
- Not at all ..... ☐ 5

**HAND SHOW CARD #14**

34. How satisfied are you with the way your body is proportioned?

BODPROP

**(READ THE RESPONSE CATEGORIES)**

- Extremely satisfied ..... ☐ 1
- Satisfied ..... ☐ 2
- Dissatisfied ..... ☐ 3
- Extremely dissatisfied ..... ☐ 4

35. Have you ever been on a weight loss diet, for example, cutting down on calories, cutting out certain types of food, eating less or eating less frequently, for more then one week? ..... DIET

Yes ☐ No ☐

**IF NO, SKIP TO ITEM 38.**

**HAND SHOW CARD #15**

36. How often have you tried to diet whether successful or not?

AMTDIET

**(READ THE RESPONSE CATEGORIES)**

| | | |
|---|---|---|
| Almost always | ☐ | 1 |
| Frequently | ☐ | 2 |
| Occasionally | ☐ | 3 |
| Rarely | ☐ | 4 |

37. At what age did you first restrict your food intake because of concern over your body size or weight?

AGEDIET

**(READ THE RESPONSE CATEGORIES)**

| | | |
|---|---|---|
| Before age 9 | ☐ | 1 |
| Between ages 9-14 | ☐ | 2 |
| Between ages 15-20 | ☐ | 3 |
| Between ages 20-30 | ☐ | 4 |
| After 30 | ☐ | 5 |

**HAND SHOW CARD #16**

38. How often do you:

| (REPEAT THE QUESTION EACH TIME) | Never | Rarely | Some-times | Often | Always |
|---|---|---|---|---|---|
| | (READ RESPONSE CATEGORIES AS NECESSARY) | | | | |
| A. Get depressed ....DEPRES.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| B. Feel anxious ....ANXIETY.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| DIFARISE C. Have trouble getting up in the morning | ☐ | ☐ | ☐ | ☐ | ☐ |
| D. Have crying episodes ....CRY.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| E. Feel irritable ....IRRIT.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| F. Feel tired ....TIRED.... | ☐ | ☐ | ☐ | ☐ | ☐ |
| DIFSLEEP G. Have trouble falling asleep .... | ☐ | ☐ | ☐ | ☐ | ☐ |
| H. Get angry ....ANGRY.... | ☐ | ☐ | ☐ | ☐ | ☐ |

**HAND SHOW CARD #17**

39. How would you describe the weight of the child in this study:

CHILDWT

(READ THE RESPONSE CATEGORIES)

| | | |
|---|---|---|
| Extremely thin .... | ☐ | 1 |
| Somewhat thin .... | ☐ | 2 |
| Not thin or overweight .... | ☐ | 3 |
| Somewhat overweight .... | ☐ | 4 |
| Extremely overweight .... | ☐ | 5 |

40. A. Does the child participating in this study have any natural or half brothers and sisters? ..... NCBROSIS

Yes ☐ No ☐

**IF NO, SKIP TO ITEM 41.**

**HAND SHOW CARD #17**

B. How many of these natural or half brothers or sisters would you describe as (give numbers):

**(READ THE RESPONSE CATEGORY)**

A. Extremely thin ..... CNXTHIN _____
B. Somewhat thin ..... CNSTHIN _____
C. Not thin or overweight ..... CNAVG _____
D. Somewhat overweight ..... CNSFAT _____
E. Extremely overweight ..... CNXFAT _____

41. A. Do you have any natural or half brothers and sisters? ..... NPBROSIS

Yes ☐ No ☐

**IF NO, SKIP TO ITEM 42.**

**CONTINUE WITH SAME SHOW CARD**

41. B. How many of these natural or half brothers or sisters would you describe as (give numbers):

**(READ THE RESPONSE CATEGORY)**

A. Extremely thin ..... PNXTHIN _____
B. Somewhat thin ..... PNSTHIN _____
C. Not thin or overweight ..... PNAVG _____
D. Somewhat overweight ..... PNSFAT _____
E. Extremely overweight ..... PNXFAT _____

Now I am going to ask you some questions about how people in your family get along. By your family I mean those you are living with right now. Please tell me how often the following things happen in your family.

**HAND SHOW CARD #18**

42. In my family we ask each other for help: FHELP

**(READ THE RESPONSE CATEGORIES)**

- Almost never ..... ☐ 1
- Once in a while ..... ☐ 2
- Often ..... ☐ 3
- Almost always ..... ☐ 4

43. We like to do things with just members of our family: FDOTHNG

**(READ THE RESPONSE CATEGORIES)**

- Almost never ..... ☐ 1
- Once in a while ..... ☐ 2
- Often ..... ☐ 3
- Almost always ..... ☐ 4

44. In my family we feel closer to each other than to people outside the family: FCLOSE

**(READ THE RESPONSE CATEGORIES)**

- Almost never ..... ☐ 1
- Once in a while ..... ☐ 2
- Often ..... ☐ 3
- Almost always ..... ☐ 4

45. In my family we like to spend free time with each other: By your family I mean those who are living with you right now. FSPEND

**(READ THE RESPONSE CATEGORIES)**

- Almost never ☐ 1
- Once in a while ☐ 2
- Often ☐ 3
- Almost always ☐ 4

46. Family members feel very close to each other: FFEEL

**(READ THE RESPONSE CATEGORIES)**

- Almost never ☐ 1
- Once in a while ☐ 2
- Often ☐ 3
- Almost always ☐ 4

47. When our family gets together for activities, everybody comes: FACTIV

**(READ THE RESPONSE CATEGORIES)**

- Almost never ☐ 1
- Once in a while ☐ 2
- Often ☐ 3
- Almost always ☐ 4

48. We can easily think of things to do together as a family: FTHINK

**(READ THE RESPONSE CATEGORIES)**

- Almost never ..... ☐ 1
- Once in a while ..... ☐ 2
- Often ..... ☐ 3
- Almost always ..... ☐ 4

49. In my family we ask other family members about our decisions: FASK

**(READ THE RESPONSE CATEGORIES)**

- Almost never ..... ☐ 1
- Once in a while ..... ☐ 2
- Often ..... ☐ 3
- Almost always ..... ☐ 4

50. In my family togetherness is very important: FTOGETH

**(READ THE RESPONSE CATEGORIES)**

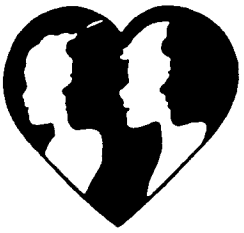
- Almost never ..... ☐ 1
- Once in a while ..... ☐ 2
- Often ..... ☐ 3
- Almost always ..... ☐ 4

This concludes the questionnaire. Thank you very much for your help.

**(ENTER REMAINING INFORMATION ON COVER SHEET)**

FTYPE FREV

NGHS Form 14
Rev. 1 1/93
9 Pages



**GROWTH AND HEALTH STUDY**
**HEALTH BELIEFS AND ATTITUDES**

RID

| ID | | | | | | | |
|---|---|---|---|---|---|---|---|
| NC | | | | | | | |
| VN | | | | | | | |

VISIT

---

MALFEM

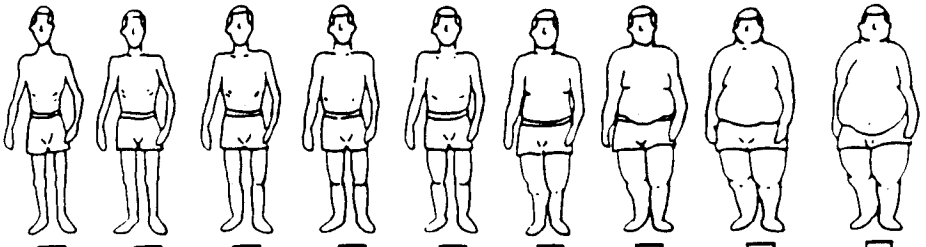
1. Are you male or female? . . . . . ☐ Male ☐ Female

2. How happy or unhappy do you think the following people would feel about your weight if they were asked?

| | Very Happy | Happy | Unhappy | Very Unhappy | Do Not Have One |
|---|---|---|---|---|---|
| A. Your husband/wife/partner? MATEWT | ☐ | ☐ | ☐ | ☐ | ☐ |
| B. Your girl in this study? NGHSCWT | ☐ | ☐ | ☐ | ☐ | |

3A. Select the figure that looks most like **your father** when he was your **present age**.

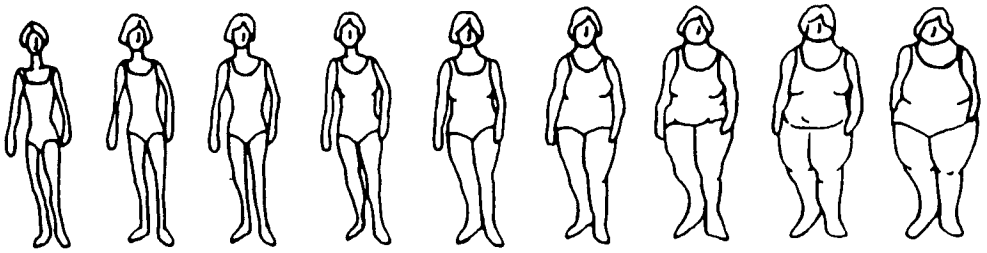
DADIMAGE



☐ A ☐ B ☐ C ☐ D ☐ E ☐ F ☐ G ☐ H ☐ I ☐ J Don't Know

3B. Select the figure that looks most like **your mother** when she was your **present age**.

MOMIMAGE



☐ A ☐ B ☐ C ☐ D ☐ E ☐ F ☐ G ☐ H ☐ I ☐ J Don't Know

4. **Within the last four years**, have any of the following people ever told you that you are **too thin**?

| | | Yes | No | Do Not Have One |
|---|---|---|---|---|
| A. Your husband/wife/partner | MATETHIN | ☐ | ☐ | ☐ |
| B. Any male friend | MALETHIN | ☐ | ☐ | ☐ |
| C. Any female friend | FEMTHIN | ☐ | ☐ | ☐ |
| D. Any coworker | COWKTHIN | ☐ | ☐ | ☐ |
| E. Your girl in this study | NGHSCTHN | ☐ | ☐ | |

5. **Within the last four years**, have any of the following people ever told you that you are **too fat**?

| | | Yes | No | Do Not Have One |
|---|---|---|---|---|
| A. Your husband/wife/partner | MATEFAT | ☐ | ☐ | ☐ |
| B. Any male friend | MALFAT | ☐ | ☐ | ☐ |
| C. Any female friend | FEMFAT | ☐ | ☐ | ☐ |
| D. Any coworker | COWKFAT | ☐ | ☐ | ☐ |
| E. Your girl in this study | NGHSCFAT | ☐ | ☐ | |

6. How important are the following things to you?

| | | Very Important | Important | Unimportant | Very Unimportant |
|---|---|---|---|---|---|
| A. Being well liked | POPULIMP | ☐ | ☐ | ☐ | ☐ |
| B. Looking attractive | ATTRIMP | ☐ | ☐ | ☐ | ☐ |
| C. Looking thin | THINIMP | ☐ | ☐ | ☐ | ☐ |
| D. Being healthy | HLTHIMP | ☐ | ☐ | ☐ | ☐ |
| E. Looking masculine (if male)/ looking feminine (if female) | MASFEMIM | ☐ | ☐ | ☐ | ☐ |
| F. Not being fat | NOFATIMP | ☐ | ☐ | ☐ | ☐ |
| G. Having a loving family | LOVFAMIM | ☐ | ☐ | ☐ | ☐ |
| H. Doing well at your work | WELWRKIM | ☐ | ☐ | ☐ | ☐ |
| I. Participating in sports or physically active games | SPORTSIM | ☐ | ☐ | ☐ | ☐ |
| J. Being in good shape | GODSHPIM | ☐ | ☐ | ☐ | ☐ |
| K. Not being skinny | SKINYIMP | ☐ | ☐ | ☐ | ☐ |

7. **How strongly** do you **agree** or **disagree** with the following?

I usually feel like eating something:

| | Strongly Agree | Agree | Disagree | Strongly Disagree | Doesn't Matter |
|---|---|---|---|---|---|
| A. When I'm nervous NERV | ☐ | ☐ | ☐ | ☐ | ☐ |
| B. When I'm under pressure PRESS | ☐ | ☐ | ☐ | ☐ | ☐ |
| C. When I'm bored BORED | ☐ | ☐ | ☐ | ☐ | ☐ |
| D. When I'm sad SAD | ☐ | ☐ | ☐ | ☐ | ☐ |
| E. When I'm happy HAPPY | ☐ | ☐ | ☐ | ☐ | ☐ |
| F. When things aren't going my way NOTGOWY | ☐ | ☐ | ☐ | ☐ | ☐ |
| G. When I'm mad MAD | ☐ | ☐ | ☐ | ☐ | ☐ |
| H. When I'm celebrating CELEBRAT | ☐ | ☐ | ☐ | ☐ | ☐ |

8. How strongly do you agree or disagree that being **fat** would make **someone your age**:

| | Strongly Agree | Agree | Disagree | Strongly Disagree | Doesn't Matter |
|---|---|---|---|---|---|
| A. Well liked POPULFAT | ☐ | ☐ | ☐ | ☐ | ☐ |
| B. Feel better about themselves FELBTFAT | ☐ | ☐ | ☐ | ☐ | ☐ |
| C. Less able to succeed NOSUCFAT | ☐ | ☐ | ☐ | ☐ | ☐ |
| D. More attractive to men/women ATTRFAT | ☐ | ☐ | ☐ | ☐ | ☐ |
| E. Feel less like a woman/man MANWMFAT | ☐ | ☐ | ☐ | ☐ | ☐ |
| F. Less confident LESCNFAT | ☐ | ☐ | ☐ | ☐ | ☐ |
| G. Less likely to get pushed around PUSHFAT | ☐ | ☐ | ☐ | ☐ | ☐ |
| H. Healthier HLTHFAT | ☐ | ☐ | ☐ | ☐ | ☐ |

**IF FEMALE, SKIP TO ITEM 11.**

MALE

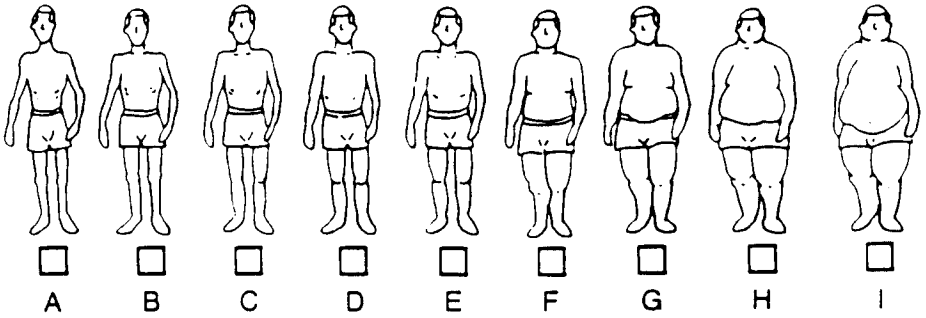
9. How happy or unhappy are you with

| | Very Happy | Happy | Unhappy | Very Unhappy |
|---|---|---|---|---|
| A. Your height? MHT | ☐ | ☐ | ☐ | ☐ |
| B. Your weight? MWT | ☐ | ☐ | ☐ | ☐ |
| C. Your chest? MCHEST | ☐ | ☐ | ☐ | ☐ |
| D. Your waist? MWAIST | ☐ | ☐ | ☐ | ☐ |

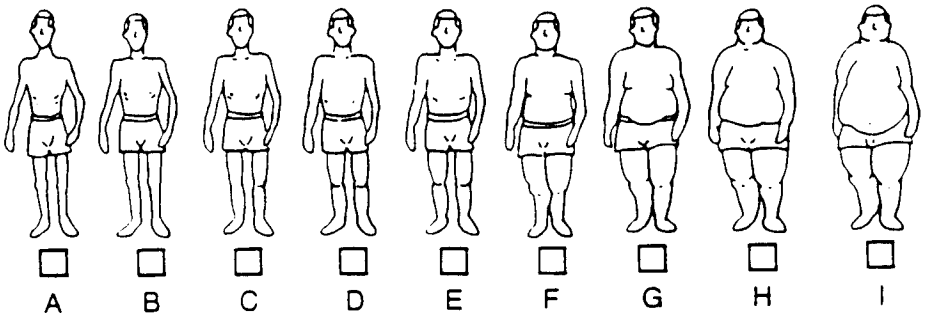
10. Please select the box under the figure that fits best.

A. Right **now**

I look like: MIMAGE




B. I **would like** it best if I now looked like: MBESIMAG




**SKIP TO ITEM 13.**

FEMALE

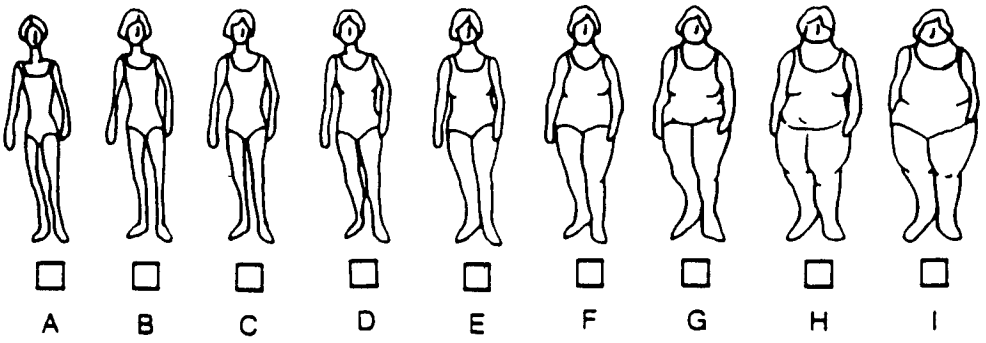
11. How happy or unhappy are you with

| | Very Happy | Happy | Unhappy | Very Unhappy |
|---|---|---|---|---|
| A. Your height? FHT | ☐ | ☐ | ☐ | ☐ |
| B. Your weight? FWT | ☐ | ☐ | ☐ | ☐ |
| C. Your breasts? FBREAST | ☐ | ☐ | ☐ | ☐ |
| D. Your waist? FWAIST | ☐ | ☐ | ☐ | ☐ |

12. Please select the box under the figure that fits best.

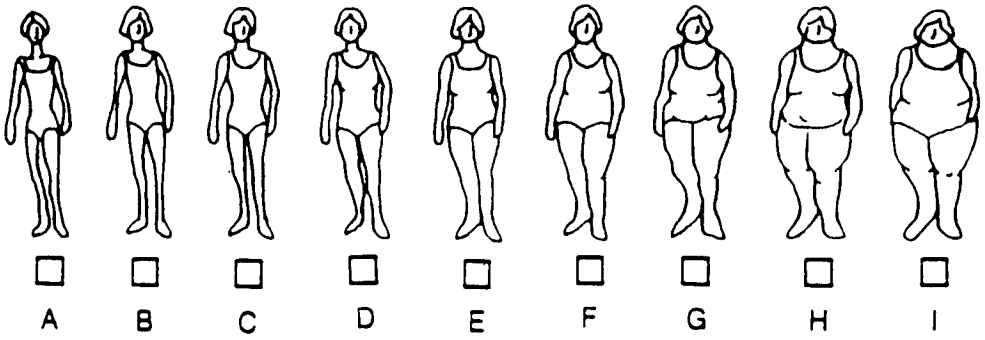
A. Right **now** FIMAGE

I look like:

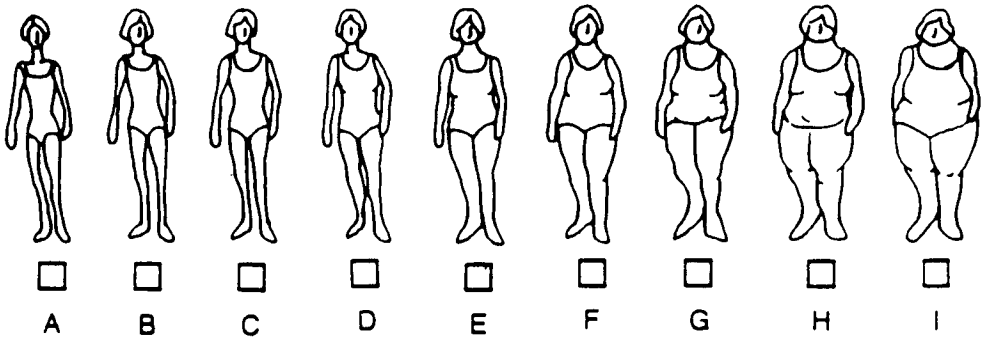



1. I am pregnant now PREGNOW ..... ☐ 1

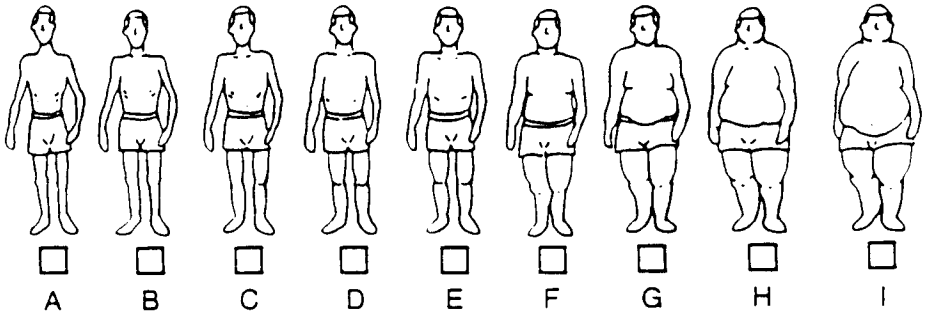
B. I **would like** it best if I now looked like: FBESIMAG



13. A woman looks best when she looks like: WOMBEST




14. A man looks best when he looks like: MANBEST



15. Do you have any **close friends** who are:

| | Yes | No |
|---|---|---|
| A. White? FRWHITE | ☐ | ☐ |
| B. Black? FR BLACK | ☐ | ☐ |
| C. Asian (for example, Chinese, Japanese, East Indian) or Pacific Islander? FRASIAN | ☐ | ☐ |
| D. American Indian or Alaskan Native (for example, Eskimo)? FRAMIND | ☐ | ☐ |
| E. Hispanic (for example, Puerto Rican, Mexican-American, Cuban, Latin American)? FRHISP | ☐ | ☐ |

16. What statement best describes the people living in your neighborhood? NEIGH

- Almost all are white ☐ 1
- About half are white and half are black ☐ 2
- Almost all are black ☐ 3
- None of the above ☐ 4

17. At your current weight do you feel that you are: FEELWT

- Extremely thin ☐ 1
- Somewhat thin ☐ 2
- Not thin or overweight ☐ 3
- Somewhat overweight ☐ 4
- Extremely overweight ☐ 5

18. How much would a **five-pound** weight **gain** affect your feelings about yourself? GAIN5LB

- Extremely ☐ 1
- Very much ☐ 2
- Moderately ☐ 3
- Slightly ☐ 4
- Not at all ☐ 5

A. Would you feel better or worse with this weight **gain**? GAINBW Better ☐ Worse ☐

19. How much would a **five-pound** weight **loss** affect your feelings about yourself? LOS5LB

- Extremely ☐ 1
- Very much ☐ 2
- Moderately ☐ 3
- Slightly ☐ 4
- Not at all ☐ 5

A. Would you feel better or worse with this weight **loss**? LOSSBW Better ☐ Worse ☐

20. How satisfied are you with the way your body is proportioned? BODPROP

- Extremely satisfied ☐ 1
- Satisfied ☐ 2
- Dissatisfied ☐ 3
- Extremely dissatisfied ☐ 4

21. How often do you:

| | Never | Rarely | Sometimes | Often | Always |
|---|---|---|---|---|---|
| A. Get depressed DEPRES | ☐ | ☐ | ☐ | ☐ | ☐ |
| B. Feel anxious ANXIETY | ☐ | ☐ | ☐ | ☐ | ☐ |
| C. Have trouble getting up in the morning DIFARISE | ☐ | ☐ | ☐ | ☐ | ☐ |
| D. Have crying episodes CRY | ☐ | ☐ | ☐ | ☐ | ☐ |
| E. Feel irritable IRRIT | ☐ | ☐ | ☐ | ☐ | ☐ |
| F. Feel tired TIRED | ☐ | ☐ | ☐ | ☐ | ☐ |
| G. Have trouble falling asleep DIFSLEEP | ☐ | ☐ | ☐ | ☐ | ☐ |
| H. Get angry ANGRY | ☐ | ☐ | ☐ | ☐ | ☐ |

22. How would you describe the current weight of the girl in this study: CHILDWT

- Extremely thin ☐ 1
- Somewhat thin ☐ 2
- Not thin or overweight ☐ 3
- Somewhat overweight ☐ 4
- Extremely overweight ☐ 5

Now I am going to ask you some questions about how people in your family get along. By your family I mean those living with you right now. Please tell **how often** the following things happen in your family.

| | Almost Never | Once In A While | Often | Almost Always |
|---|---|---|---|---|
| 23. In my family we ask each other for help. FHELP | ☐ | ☐ | ☐ | ☐ |
| 24. We like to do things with just members of our family. FDOTHNG | ☐ | ☐ | ☐ | ☐ |
| 25. In my family we feel closer to each other than to people outside the family. FCLOSE | ☐ | ☐ | ☐ | ☐ |
| 26. In my family we like to spend free time with each other. FSPEND | ☐ | ☐ | ☐ | ☐ |
| 27. In my family we feel very close to each other. FFEEL | ☐ | ☐ | ☐ | ☐ |
| 28. When our family gets together for activities, everybody comes. FACTIV | ☐ | ☐ | ☐ | ☐ |
| 29. We can easily think of things to do together as a family. FTHINK | ☐ | ☐ | ☐ | ☐ |
| 30. Family members consult other family members on their decisions. FASK | ☐ | ☐ | ☐ | ☐ |
| 31. Family togetherness is very important. FTOGETH | ☐ | ☐ | ☐ | ☐ |
| 32. In our family we approve of each other's friends. FAPPROVE | ☐ | ☐ | ☐ | ☐ |

Thank you very much.