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0925-0294 exp 12/89

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NGHS Form 26
Rev. 0 3/89
7 Pages

FEELINGS AND ATTITUDES

INSTRUCTIONS:

THIS IS A SCALE WHICH MEASURES A VARIETY OF ATTITUDES, FEELINGS AND BEHAVIORS. SOME OF THE ITEMS RELATE TO FOOD AND EATING. OTHERS ASK YOU ABOUT YOUR FEELINGS ABOUT YOURSELF. THERE ARE NO RIGHT OR WRONG ANSWERS SO TRY VERY HARD TO BE COMPLETELY HONEST IN YOUR ANSWERS. RESULTS ARE COMPLETELY CONFIDENTIAL. READ EACH QUESTION AND PLACE A CHECK IN THE BOX WHICH APPLIES BEST FOR YOU. PLEASE ANSWER EACH QUESTION VERY CAREFULLY. THANK YOU.

ITEM	ALWAYS	USUALLY	OFTEN	SOMETIMES	RARELY	NEVER
1. I EAT SWEETS AND CARBOHYDRATES WITHOUT FEELING NERVOUS.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
2. I THINK THAT MY STOMACH IS TOO BIG.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
3. I WISH THAT I COULD RETURN TO THE SECURITY OF CHILDHOOD.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
4. I EAT WHEN I AM UPSET.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
5. I STUFF MYSELF WITH FOOD.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

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	Always	Usually	Often	Sometimes	Rarely	Never
6. I wish that I could be younger.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
7. I think about dieting.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
8. I get frightened when my feelings are too strong.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
9. I think that my thighs are too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
10. I feel ineffective as a person.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
11. I feel extremely guilty after overeating.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
12. I think that my stomach is just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
13. Only outstanding performance is good enough in my family.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
14. The happiest time in life is when you are a child.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
15. I am open about my feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	ALWAYS	USUALLY	OFTEN	SOME-TIMES	RARELY	NEVER
16. I AM VERY TERRIFIED OF GAINING WEIGHT.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
17. I TRUST OTHER.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
18. I FEEL ALONE IN THE WORLD.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
19. I FEEL SATISFIED WITH THE SHAPE OF MY BODY.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
20. I FEEL USUALLY IN CONTROL OF THINGS IN MY LIFE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	ALWAYS	USUALLY	OFTEN	SOME-TIMES	RARELY	NEVER
21. I GET CONFUSED ABOUT WHAT EMOTION I AM FEELING.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
22. I WOULD RATHER BE AN ADULT THAN A CHILD.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
23. I CAN COMMUNICATE WITH OTHERS EASILY.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
24. I WISH I WERE SOMEONE ELSE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
25. I EXAGGERATE OR MAGNIFY THE IMPORTANCE OF WEIGHT.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
26. I can clearly identify what emotion I am feeling.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
27. I feel inadequate.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
28. I have gone on eating binges where I felt that I could not stop.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
29. As a child I tried very hard to avoid disappointing my parents and teachers.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
30. I have close relationships.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
31. I like the shape of my behind.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
32. I am preoccupied with the desire to be thinner.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
33. I don't know what's going on inside me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
34. I have trouble expressing my emotions to others.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
35. The demands of adulthood are too great.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
36. I HATE BEING LESS THAN BEST AT THINGS.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
37. I FEEL SECURE ABOUT MYSELF.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
38. I THINK ABOUT BINGEING (OVEREATING).	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
39. I FEEL HAPPY THAT I AM NOT A CHILD ANYMORE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
40. I GET CONFUSED AS TO WHETHER OR NOT I AM HUNGRY.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
41. I HAVE A LOW OPINION OF MYSELF.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
42. I FEEL THAT I CAN ACHIEVE MY STANDARDS.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
43. MY PARENTS HAVE EXPECTED EXCELLENCE OF ME.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
44. I WORRY THAT MY FEELINGS WILL GET OUT OF CONTROL.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
45. I THINK MY HIPS ARE TOO BIG.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
46. I EAT MODERATELY IN FRONT OF OTHERS AND STUFF MYSELF WHEN THEY'RE GONE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
47. I FEEL BLOATED AFTER EATING A SMALL MEAL.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
48. I FEEL THAT PEOPLE ARE HAPPIEST WHEN THEY ARE CHILDREN.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
49. IF I GAIN A POUND, I WORRY THAT I WILL KEEP GAINING.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
50. I FEEL THAT I AM A WORTHWHILE PERSON.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
51. WHEN I AM UPSET, I DON'T KNOW IF I AM SAD, FRIGHTENED OR ANGRY.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
52. I FEEL THAT I MUST DO THINGS PERFECTLY OR NOT DO THEM AT ALL.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
53. I HAVE THE THOUGHT OF TRYING TO VOMIT IN ORDER TO LOSE WEIGHT.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
54. I NEED TO KEEP PEOPLE AT A CERTAIN DISTANCE (FEEL UNCOMFORTABLE IF SOMEONE TRIES TO GET TOO CLOSE).	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
55. I THINK THAT MY THIGHS ARE JUST THE RIGHT SIZE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
56. I feel empty inside (emotionally).	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
57. I can talk about personal thoughts or feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
58. The best years of life are when you become an adult.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
59. I think my behind is too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
60. I have feelings I can't quite identify.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
61. I eat or drink in secrecy.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
62. I think that my hips are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
63. I have extremely high goals.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
64. When I am upset, I worry that I will start eating.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

0925-0294
exp. 9/92

FTYPE NGHS Form 26
FREV Rev. 1 11/90
7 Pages

NHLBI GROWTH AND HEALTH STUDY

FEELINGS AND ATTITUDES

RID	ID						
	NC						
VISIT	VN						

Instructions:

This is a scale which measures a variety of attitudes, feelings and behaviors. Some of the items relate to food and eating. Others ask you about your feelings about yourself. THERE ARE NO RIGHT OR WRONG ANSWERS SO TRY VERY HARD TO BE COMPLETELY HONEST IN YOUR ANSWERS. RESULTS ARE COMPLETELY CONFIDENTIAL. Read each question and place a check in the box which applies best for you. Please answer each question very carefully. Thank you.

ITEM	Always	Usually	Often	Sometimes	Rarely	Never
1. I eat sweets and carbohydrates without feeling nervous.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
2. I think that my stomach is too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
3. I wish that I could return to the security of childhood.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
4. I eat when I am upset.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
5. I stuff myself with food.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

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		Always	Usually	Often	Sometimes	Rarely	Never
6.	I wish that I could be younger.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
7.	I think about dieting.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
8.	I get frightened when my feelings are too strong.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
9.	I think my thighs are too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
10.	I feel ineffective as a person.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

		Always	Usually	Often	Sometimes	Rarely	Never
11.	I feel extremely guilty after overeating.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
12.	I think that my stomach is just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
13.	Only outstanding performance is good enough in my family.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
14.	The happiest time in life is when you are a child.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
15.	I am open about my feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

		Always	Usually	Often	Sometimes	Rarely	Never
16.	I am terrified of gaining weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
17.	I trust others.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
18.	I feel alone in the world.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
19.	I feel satisfied with the shape of my body.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
20.	I feel usually in control of things in my life.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

		Always	Usually	Often	Sometimes	Rarely	Never
21.	I get confused about what emotion I am feeling.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
22.	I would rather be an adult than a child.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
23.	I can communicate with others easily.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
24.	I wish I were someone else.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
25.	I exaggerate or magnify the importance of weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
26. I can clearly identify what emotion I am feeling.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
27. I feel inadequate.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
28. I have gone on eating binges where I felt that I could not stop.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
29. As a child I tried very hard to avoid disappointing my parents and teachers.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
30. I have close relationships.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Sometimes	Rarely	Never
31. I like the shape of my behind.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
32. I am preoccupied with the desire to be thinner.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
33. I don't know what's going on inside me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
34. I have trouble expressing my emotions to others.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
35. The demands of adulthood are too great.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

		Always	Usually	Often	Some-times	Rarely	Never
36.	I hate being less than best at things.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
37.	I feel secure about myself.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
38.	I think about bingeing (overeating).	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
39.	I feel happy that I am not a child anymore.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
40.	I get confused as to whether or not I am hungry.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

		Always	Usually	Often	Some-times	Rarely	Never
41.	I have a low opinion of myself.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
42.	I feel that I can achieve my standards.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
43.	My parents have expected excellence of me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
44.	I worry that my feelings will get out of control.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
45.	I think my hips are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

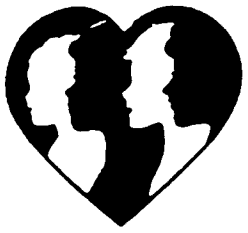
	Always	Usually	Often	Some-times	Rarely	Never
46. I eat moderately in front of others and stuff myself when they're gone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
47. I feel bloated after eating a small meal.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
48. I feel that people are happiest when they are children.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
49. If I gain a pound, I worry that I will keep gaining.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
50. I feel that I am a worthwhile person.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Some-times	Rarely	Never
51. When I am upset, I don't know if I am sad, frightened or angry.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
52. I feel that I must do things perfectly or not do them at all.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
53. I have the thought of trying to vomit in order to lose weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
54. I need to keep people at a certain distance (feel uncomfortable if someone tries to get too close).	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
55. I think my thighs are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Some-times	Rarely	Never
56. I feel empty inside (emotionally).	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
57. I can talk about personal thoughts or feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
58. The best years of life are when you become an adult.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
59. I think my behind is too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
60. I have feelings I can't quite identify.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

	Always	Usually	Often	Some-times	Rarely	Never
61. I eat or drink in secrecy.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
62. I think that my hips are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
63. I have extremely high goals.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
64. When I am upset, I worry that I will start eating.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

FTYPE NGHS Form 26
FREV Rev. 2 12/92
2 Pages



GROWTH AND HEALTH STUDY
FEELINGS AND ATTITUDES

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INSTRUCTIONS:

This is a scale which measures a variety of attitudes, feelings and behaviors. Some of the items relate to food and eating. Others ask you about your feelings about yourself. **THERE ARE NO RIGHT OR WRONG ANSWERS SO TRY VERY HARD TO BE COMPLETELY HONEST IN YOUR ANSWERS.** RESULTS ARE COMPLETELY CONFIDENTIAL. Read each question and place a check in the box which applies best to you. Please answer each question very carefully. Thank you.

ITEM	Always	Usually	Often	Sometimes	Rarely	Never
1. I eat sweets and carbohydrates without feeling nervous.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
2. I think that my stomach is too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
4 ~~3~~. I eat when I am upset.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
5 ~~4~~. I stuff myself with food.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
7 ~~5~~. I think about dieting.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
9 ~~6~~. I think my thighs are too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
11 ~~7~~. I feel extremely guilty after overeating.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
12 ~~8~~. I think that my stomach is just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
16 ~~9~~. I am terrified of gaining weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
19 ~~10~~. I feel satisfied with the shape of my body.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
25 ~~11~~. I exaggerate or magnify the importance of weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
28 ~~12~~. I have gone on eating binges where I have felt that I could not stop.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
31 ~~13~~. I like the shape of my behind.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
32 ~~14~~. I am preoccupied with the desire to be thinner.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

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	Always	Usually	Often	Some-times	Rarely	Never
38 ~~15.~~ I think about bingeing (overeating).	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
40 ~~16.~~ I get confused as to whether or not I am hungry.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
45 ~~17.~~ I think my hips are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
46 ~~18.~~ I eat moderately in front of others and stuff myself when they're gone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
47 ~~19.~~ I feel bloated after eating a small meal.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
49 ~~20.~~ If I gain a pound, I worry that I will keep gaining.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
53 ~~21.~~ I have the thought of trying to vomit in order to lose weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
55 ~~22.~~ I think my thighs are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
59 ~~23.~~ I think my behind is too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
61 ~~24.~~ I eat or drink in secrecy.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
62 ~~25.~~ I think that my hips are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
64 ~~26.~~ When I am upset, I worry that I will start eating.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6