

# Weight Concerns Scale

For all questions below, circle only one number.

1. How much more or less do you feel you worry about your weight and body shape than other students your age?

1. I worry a lot less than other students.
2. I worry a little less than other students.
3. I worry about the same as other students.
4. I worry a little more than other students.
5. I worry a lot more than other students.

2. How afraid are you of gaining 3 pounds?

- |               |                    |                      |                |           |
|---------------|--------------------|----------------------|----------------|-----------|
| (1)           | (2)                | (3)                  | (4)            | (5)       |
| Not<br>afraid | Slightly<br>afraid | Moderately<br>afraid | Very<br>afraid | Terrified |

3. When was the last time you went on a diet?

1. I've never been on a diet.
2. I was on a diet about one year ago.
3. I was on a diet about 6 months ago.
4. I was on a diet about 3 months ago.
5. I was on a diet about 1 month ago.
6. I was on a diet less than 1 month ago.
7. I'm now on a diet.

4. Compared to other things in your life, how important is your weight to you?

1. My weight is not important compared to other things in my life.
2. My weight is a little more important than some other things.
3. My weight is more important than most, but not all, things in my life.
4. My weight is the most important thing in my life.

5. Do you ever feel fat?

- |       |        |           |       |        |
|-------|--------|-----------|-------|--------|
| (1)   | (2)    | (3)       | (4)   | (5)    |
| Never | Rarely | Sometimes | Often | Always |