

BSQ-16A

We should like to know how you have been feeling about your appearance over the **PAST FOUR WEEKS**. Please read each question and circle the appropriate number to the right. Please answer all the questions.

OVER THE PAST FOUR WEEKS:

		Never		Rarely		Sometimes		Often		Very often		Always
	1	2	3	4	5	6						
1. Has feeling bored made you brood about your shape?.....	1	2	3	4	5	6						
2. Have you thought that your thighs, hips or bottom are too large for the rest of you?.....	1	2	3	4	5	6						
3. Have you worried about your flesh being not firm enough?.....	1	2	3	4	5	6						
4. Have you felt so bad about your shape that you have cried?.....	1	2	3	4	5	6						
5. Have you avoided running because your flesh might wobble?.....	1	2	3	4	5	6						
6. Has being with thin women made you feel self-conscious about your shape?.....	1	2	3	4	5	6						
7. Have you worried about your thighs spreading out when sitting down?	1	2	3	4	5	6						
8. Has eating even a small amount of food made you feel fat?.....	1	2	3	4	5	6						
9. Have you avoided wearing clothes which make you particularly aware of the shape of your body?.....	1	2	3	4	5	6						
10. Has eating sweets, cakes, or other high calorie food made you feel fat?	1	2	3	4	5	6						
11. Have you felt ashamed of your body?.....	1	2	3	4	5	6						
12. Has worry about your shape made you diet?.....	1	2	3	4	5	6						
13. Have you felt happiest about your shape when your stomach has been empty (e.g. in the morning)?.....	1	2	3	4	5	6						
14. Have you felt that it is not fair that other women are thinner than you?.	1	2	3	4	5	6						
15. Have you worried about your flesh being dimply?.....	1	2	3	4	5	6						
16. Has worry about your shape made you feel you ought to exercise?.....	1	2	3	4	5	6						