

## BSQ-16B

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.

		Never		Rarely		Sometimes		Often		Very often		Always
<b>OVER THE PAST <u>FOUR WEEKS</u>:</b>												
1. Have you been so worried about your shape that you have been feeling you ought to diet?.....	1	2	3	4	5	6						
2. Have you been afraid that you might become fat (or fatter)?.....	1	2	3	4	5	6						
3. Has feeling full (e.g. after eating a large meal) made you feel fat?.....	1	2	3	4	5	6						
4. Have you noticed the shape of other women and felt that your own shape compared unfavourably?.....	1	2	3	4	5	6						
5. Has thinking about your shape interfered with your ability to concentrate (e.g. while watching television, reading, listening to conversations)?.....	1	2	3	4	5	6						
6. Has being naked, such as when taking a bath, made you feel fat?.....	1	2	3	4	5	6						
7. Have you imagined cutting off fleshy areas of your body?.....	1	2	3	4	5	6						
8. Have you not gone out to social occasions (e.g. parties) because you have felt bad about your shape?.....	1	2	3	4	5	6						
9. Have you felt excessively large and rounded?.....	1	2	3	4	5	6						
10. Have you thought that you are in the shape you are because you lack self-control?.....	1	2	3	4	5	6						
11. Have you worried about other people seeing rolls of fat around your waist or stomach?.....	1	2	3	4	5	6						
12. When in company have you worried about taking up too much room (e.g. sitting on a sofa, or a bus seat)?.....	1	2	3	4	5	6						
13. Has seeing your reflection (e.g. in a mirror or shop window) made you feel bad about your shape?.....	1	2	3	4	5	6						
14. Have you pinched areas of your body to see how much fat there is?.....	1	2	3	4	5	6						
15. Have you avoided situations where people could see your body (e.g. communal changing rooms or swimming baths)?.....	1	2	3	4	5	6						
16. Have you been particularly self-conscious about your shape when in the company of other people?.....	1	2	3	4	5	6						