BSQ-8A

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.	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 felt so bad about your shape that you have cried?.....	1	2	3	4	5	6
4.	Have you avoided running because your flesh might wobble?.....	1	2	3	4	5	6
5.	Has being with thin women made you feel self-conscious about your shape?.....	1	2	3	4	5	6
6.	Have you worried about your thighs spreading out when sitting down?	1	2	3	4	5	6
7.	Has eating sweets, cakes, or other high calorie food made you feel fat?	1	2	3	4	5	6
8.	Has worry about your shape made you feel you ought to exercise?.....	1	2	3	4	5	6

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