

BSQ-8B

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. Have you worried about your flesh being not firm enough?.....	1		2		3		4		5		6	
2. Has eating even a small amount of food made you feel fat?.....	1		2		3		4		5		6	
3. Have you avoided wearing clothes which make you particularly aware of the shape of your body?.....	1		2		3		4		5		6	
4. Have you felt ashamed of your body?.....	1		2		3		4		5		6	
5. Has worry about your shape made you diet?.....	1		2		3		4		5		6	
6. Have you felt happiest about your shape when your stomach has been empty (e.g. in the morning)?.....	1		2		3		4		5		6	
7. Have you felt that it is not fair that other women are thinner than you?.	1		2		3		4		5		6	
8. Have you worried about your flesh being dimply?.....	1		2		3		4		5		6	