

## BSQ-8D

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 been so worried about your shape that you have been feeling you ought to diet?.....	1		2		3		4		5		6
2. Have you noticed the shape of other women and felt that your own shape compared unfavourably?.....	1		2		3		4		5		6
3. Has being naked, such as when taking a bath, made you feel fat?.....	1		2		3		4		5		6
4. 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
5. Have you worried about other people seeing rolls of fat around your waist or stomach?.....	1		2		3		4		5		6
6. 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
7. Have you pinched areas of your body to see how much fat there is?.....	1		2		3		4		5		6
8. Have you avoided situations where people could see your body (e.g. communal changing rooms or swimming baths)?.....	1		2		3		4		5		6