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:

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 your 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