

Beliefs about Personal Weight Survey-Revised

INSTRUCTIONS: I would like to learn what you believe about your weight. Below is a list of words and statements that might be used to describe your beliefs about your current weight. Please show how much you agree or disagree with each word or statement by circling the number that matches your response. There is no right or wrong answer.

Description of my personal weight- *I believe my weight is:*

	Strongly Disagree	Somewhat Disagree	Neither agree Nor disagree	Somewhat Agree	Strongly Agree
1. Overweight	1	2	3	4	5
2. Just right for my age	1	2	3	4	5
3. Just right for my height	1	2	3	4	5
4. Very Overweight	1	2	3	4	5
5. Heavy	1	2	3	4	5
6. Chunky	1	2	3	4	5
7. Athletic	1	2	3	4	5
8. Normal	1	2	3	4	5
9. Thin	1	2	3	4	5
10. Too Skinny	1	2	3	4	5
11. Attractive	1	2	3	4	5
12. Well proportioned	1	2	3	4	5

Causes of my personal weight -*I believe my current weight is due to:*

	Strongly Disagree	Somewhat Disagree	Neither agree Nor disagree	Somewhat Agree	Strongly Agree
1. My family traditions	1	2	3	4	5
2. My health	1	2	3	4	5
3. My medicine	1	2	3	4	5
4. Stress and worry	1	2	3	4	5
5. Regular exercise	1	2	3	4	5
6. High cost of fruits and vegetables	1	2	3	4	5
7. Not getting enough exercise	1	2	3	4	5
8. Living a healthy lifestyle	1	2	3	4	5
9. Eating foods high in sugar	1	2	3	4	5
10. No access to fresh fruits and vegetables	1	2	3	4	5
11. My emotions	1	2	3	4	5
12. Eating food low in fat	1	2	3	4	5
13. Genes	1	2	3	4	5

Consequences of my personal weight - *I believe my current weight has led to or will lead to:*

	Strongly Disagree	Somewhat Disagree	Neither agree Nor disagree	Somewhat Agree	Strongly Agree
1. High blood pressure (High Blood)	1	2	3	4	5
2. Diabetes	1	2	3	4	5
3. Being tired all the time	1	2	3	4	5
4. Having serious health problems	1	2	3	4	5
5. A limited social life	1	2	3	4	5
6. Being depressed	1	2	3	4	5
7. Not liking how I look in my clothes	1	2	3	4	5
8. People thinking that I am lazy	1	2	3	4	5
9. Problems finding stylish clothes	1	2	3	4	5
10. Kidney Problems	1	2	3	4	5
11. Breathing Problems	1	2	3	4	5
12. Problems sleeping	1	2	3	4	5
13. Being attractive to my significant other	1	2	3	4	5
14. Not getting the job that I want	1	2	3	4	5
15. Worrying about my health	1	2	3	4	5

Additional Weight Belief Questions

	Strongly Disagree	Somewhat Disagree	Neither agree Nor disagree	Somewhat Agree	Strongly Agree
1. I am comfortable with my weight.	1	2	3	4	5
2. My weight has always been a problem for me.	1	2	3	4	5
3. Weight control is important to me.	1	2	3	4	5
4. Many things beyond my control make weight control difficult.	1	2	3	4	5
5. I am accepting of my weight.	1	2	3	4	5
6. I am concerned about my weight for health reasons.	1	2	3	4	5
7. I know what foods are healthy and what foods are not.	1	2	3	4	5
8. Heavy weight runs in my family.	1	2	3	4	5
9. I almost never think about my weight.	1	2	3	4	5
10. I am concerned about my weight because of my looks.	1	2	3	4	5
11. I have been successful in losing weight and keeping it off.	1	2	3	4	5
12. I am too busy to eat right.	1	2	3	4	5
13. I have bad eating habits that I have been unable to break.	1	2	3	4	5

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