

BODY-Q™ - EATING BEHAVIOR

HOW ARE YOUR EATING HABITS?

Think about the **FOOD** you ate in the past week. How often did you:

	Never	Sometimes	Often	Always
1. Feel satisfied after eating?	1	2	3	4
2. Eat healthy food that your body needs?	1	2	3	4
3. Show self-control when you ate?	1	2	3	4
4. Feel in control of what you ate?	1	2	3	4
5. Chew food thoroughly before swallowing?	1	2	3	4
6. Eat the right <u>amount</u> of food?	1	2	3	4
7. Eat at the right speed (not too fast)?	1	2	3	4
8. Avoid unhealthy snack foods?	1	2	3	4
9. Stop eating <u>before</u> you felt full?	1	2	3	4

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Note to Investigators: This scale can be used independently of the other scales.

BODY-Q™ - EATING BEHAVIOR CONVERSION TABLE

Instructions: Higher scores reflect a better outcome. If missing data is less than 50% of the scale's items, for each missing item, insert the mean of the completed items. Use the Conversion Table below to convert the raw summed scale score into a score from 0 (worst) to 100 (best).

SUM SCORE	RASCH TRANSFORMED SCORE (0-100)
9	0
10	5
11	12
12	18
13	22
14	26
15	30
16	33
17	36
18	39
19	42
20	45
21	48
22	50
23	53
24	55
25	58
26	60
27	62
28	65
29	68
30	70
31	73
32	77
33	80
34	85
35	91
36	100

BODY-Q™ - SOCIAL FUNCTION

For each statement, circle only one answer. With your body in mind, thinking of the past week, how much would you disagree or agree with each statement:

	Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1. I feel at ease at social gatherings with people I know.	1	2	3	4
2. People listen to what I have to say.	1	2	3	4
3. I feel accepted by people.	1	2	3	4
4. I feel included in social situations.	1	2	3	4
5. I make a good first impression.	1	2	3	4
6. I take part in life instead of sitting back.	1	2	3	4
7. It is easy for me to make new friends.	1	2	3	4
8. I feel confident when I am in group situations (e.g., meetings).	1	2	3	4
9. I am relaxed around people that I don't know well.	1	2	3	4
10. I feel confident when I walk into a room full of people I don't know.	1	2	3	4

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BODY-Q™ - SOCIAL FUNCTION CONVERSION TABLE

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SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
10	0
11	13
12	19
13	22
14	25
15	28
16	30
17	32
18	34
19	36
20	38
21	40
22	42
23	44
24	46
25	48
26	50
27	52
28	55
29	57
30	60
31	62
32	65
33	68
34	71
35	74
36	78
37	81
38	86
39	92
40	100

BODY-Q™ - PSYCHOLOGICAL FUNCTION

For each statement, circle only one answer. With your body in mind, thinking of the past week, how much would you disagree or agree with each statement:

	Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1. I believe in myself.	1	2	3	4
2. I am proud of myself.	1	2	3	4
3. I feel happy.	1	2	3	4
4. I like myself.	1	2	3	4
5. I am emotionally strong.	1	2	3	4
6. I feel in control of my life.	1	2	3	4
7. I feel confident.	1	2	3	4
8. I am accepting of myself.	1	2	3	4
9. I am comfortable with myself.	1	2	3	4
10. I feel great about myself.	1	2	3	4

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SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
10	0
11	13
12	18
13	22
14	25
15	28
16	30
17	32
18	34
19	36
20	38
21	40
22	42
23	44
24	46
25	48
26	50
27	52
28	55
29	57
30	60
31	62
32	65
33	68
34	71
35	74
36	77
37	81
38	86
39	92
40	100

BODY-Q™ - PHYSICAL FUNCTION

For each question, circle only one answer. With your body in mind, in the past week, how often have you had a problem with the following:

	All the time	Often	Sometimes	Never
1. Getting up from a bed?	1	2	3	4
2. Bending from side to side?	1	2	3	4
3. Walking or moving around?	1	2	3	4
4. Bending over (e.g., to tie your shoes)?	1	2	3	4
5. Doing moderate exercise (e.g., going for a brisk walk)?	1	2	3	4
6. Walking up or down stairs?	1	2	3	4
7. Standing for a long period of time?	1	2	3	4

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BODY-Q™ - PHYSICAL FUNCTION CONVERSION TABLE

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SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
7	0
8	15
9	22
10	26
11	30
12	33
13	36
14	39
15	42
16	44
17	47
18	50
19	52
20	55
21	59
22	62
23	66
24	71
25	76
26	82
27	90
28	100

BODY-Q™ - BODY IMAGE

For each statement, circle only one answer. With your body in mind, thinking of the past week, how much would you disagree or agree with each statement:

	Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1. I feel positive towards my body.	1	2	3	4
2. My body is not perfect but I like it.	1	2	3	4
3. I am happy with my body.	1	2	3	4
4. I am proud of my body.	1	2	3	4
5. I think my body is attractive.	1	2	3	4
6. I feel good about my body when I am naked.	1	2	3	4
7. I have the body I want.	1	2	3	4

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BODY-Q™ - BODY IMAGE CONVERSION TABLE

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SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
7	0
8	10
9	17
10	22
11	27
12	31
13	35
14	38
15	41
16	44
17	47
18	50
19	54
20	57
21	61
22	65
23	69
24	74
25	79
26	85
27	92
28	100

BODY-Q™ - SEXUAL FUNCTION

For each statement, circle only one answer. With your body in mind, how much would you disagree or agree with each statement:

	Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1. Sex is fulfilling for me.	1	2	3	4
2. I am comfortable undressing in front of my partner.	1	2	3	4
3. I am satisfied with my sex life.	1	2	3	4
4. I am comfortable having the lights on during sex.	1	2	3	4
5. I feel sexually attractive when I am undressed.	1	2	3	4

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SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
5	0
6	18
7	26
8	31
9	35
10	39
11	43
12	47
13	51
14	54
15	58
16	63
17	68
18	75
19	86
20	100