FTYPE
FREV

NGHS Form 25
Rev. 0 1/89

NHLBI GROWTH AND HEALTH STUDY

MY FEELINGS

This form is to be completed by the NGHS child at the time of the baseline and at annual follow-up examinations 2 and 4.

ID number of NGHS child: ..... ___-___ RID ___-___

Name code of NGHS child: ..... ___ ___ ___ ___ ___ ___

Visit number: ..... VISIT

Please PRINT your full name:

First Name Middle Name Last Name

Today's date: ..... DO_FORM ___ ___ - ___ ___ - ___ ___
Month Day Year

We think this questionnaire will take about 10-14 minutes for you to complete including listening to or reviewing instructions and collecting information. If you have comments about this time estimate or any part of the questionnaires, including suggestions for reducing the time required, please send them to Reports Clearance Officer, PHS, 721-8 Hubert H. Humphrey Building, 200 Independence Avenue S.W., Washington, D.C. 20201; and to Office of Management and Budget, Paper Work Reduction Project (0925-0294), Washington, D.C. 20503.

ID						
NC						
VN						

0925-0294 exp 12/89

NGHS Form 25
Rev. 0 1/89
7 Pages

MY FEELINGS

INSTRUCTIONS:

THESE QUESTIONS MEASURE DIFFERENT THOUGHTS, FEELINGS AND WAYS OF ACTING. SOME OF THE ITEMS ARE ABOUT FOOD AND EATING. OTHERS ASK YOU ABOUT YOUR FEELINGS ABOUT YOURSELF. THERE ARE NO RIGHT OR WRONG ANSWERS SO TRY HARD TO BE VERY HONEST IN YOUR ANSWERS. YOUR ANSWERS ARE NOT SHARED WITH PARENTS, FRIENDS OR TEACHERS. READ EACH QUESTION AND CHECK THE BOX FOR THE ANSWER THAT APPLIES BEST TO YOU. PLEASE ANSWER EACH QUESTION VERY CAREFULLY. THANK YOU.

	ALWAYS	USUALLY	MANY TIMES	ONCE IN A WHILE	ALMOST NEVER	NEVER	
1. I FEEL MAD AT MYSELF WHEN I EAT SWEETS.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM1
2. I THINK THAT MY STOMACH IS TOO BIG.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM2
3. I WORRY ABOUT LEAVING MY FAMILY WHEN I GROW UP.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM3
4. I EAT WHEN I AM UPSET.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM4
5. I STUFF MYSELF WITH FOOD.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM5

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
6. I get scared of growing up.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM6
7. I think about dieting.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM7
8. I get scared when my feelings are too strong.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM8
9. I think that my thighs are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM9
10. I feel I can't do things very well.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM10

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
11. I feel very guilty after I eat too much.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM11
12. I think that my stomach is just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM12
13. In my family everyone has to do things like a superstar.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM13
14. The happiest time in life is when you are a kid.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM14
15. I tell people about my feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM15

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
16. I AM VERY AFRAID OF GAINING WEIGHT.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM16
17. I TRUST PEOPLE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM17
18. I FEEL VERY ALONE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM18
19. I FEEL SATISFIED WITH THE SHAPE OF MY BODY.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM19
20. I FEEL THAT I CAN HANDLE THINGS IN MY LIFE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM20

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
21. I GET CONFUSED ABOUT WHAT FEELINGS I HAVE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM21
22. I WOULD RATHER BE AN ADULT THAN A KID.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM22
23. I CAN TALK TO OTHER PEOPLE EASILY.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM23
24. I WISH I WERE SOMEONE ELSE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM24
25. I CARE TOO MUCH ABOUT MY WEIGHT.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM25

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
26. I usually can tell what I am feeling.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM26
27. I don't feel that I am as good as most kids.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM27
28. Sometimes I have started eating too much and could not stop.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM28
29. I try very hard to do what my parents and teachers want.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM29
30. I have close friends.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM30

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
31. I like the shape of my behind.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM31
32. I think about being thinner a lot.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM32
33. I don't know what's going on inside me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM33
34. I have trouble telling other people how I feel.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM34
35. The responsibilities of being an adult scare me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM35

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
36. I HATE BEING LESS THAN BEST AT THINGS.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM36
37. I FEEL GOOD ABOUT MYSELF.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM37
38. I THINK ABOUT EATING A LOT OF FOOD AT ONE TIME.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM38
39. I WISH THAT I COULD GROW UP FASTER.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM39
40. I CAN'T TELL WHEN I AM HUNGRY.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM40

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
41. I DON'T LIKE MYSELF VERY MUCH.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM41
42. I FEEL THAT I CAN DO WHATEVER I TRY TO DO.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM42
43. MY PARENTS EXPECT ME TO BE THE BEST.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM43
44. I WORRY THAT MY FEELINGS WILL GET OUT OF CONTROL.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM44
45. I THINK MY HIPS ARE TOO BIG.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM45

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
46. I EAT OK WHEN OTHER PEOPLE ARE AROUND, BUT I STUFF MYSELF WHEN THEY'RE GONE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM46
47. I FEEL STUFFED AFTER EATING A LITTLE BIT OF FOOD.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM47
48. BEING A KID IS BETTER THAN BEING AN ADULT.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM48
49. IF I GAIN A POUND, I WORRY THAT I WILL KEEP GAINING.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM49
50. I FEEL THAT I AM A GOOD PERSON.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM50

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
51. WHEN I AM UPSET, I DON'T KNOW IF I AM SAD, SCARED OR MAD.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM51
52. I HAVE TO DO THINGS PERFECTLY OR NOT DO THEM AT ALL.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM52
53. I THINK ABOUT TRYING TO THROW UP TO LOSE WEIGHT.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM53
54. I DON'T WANT PEOPLE TO GET TO KNOW ME TOO WELL.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM54
55. I THINK THAT MY THIGHS ARE JUST THE RIGHT SIZE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM55

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
56. I FEEL EMPTY INSIDE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM56
57. I CAN TALK ABOUT MY PRIVATE THOUGHTS OR FEELINGS.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM57
58. THE BEST YEARS OF YOUR LIFE ARE WHEN YOU BECOME AN ADULT.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM58
59. I THINK MY BEHIND IS TOO LARGE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM59
60. I HAVE FEELINGS I CAN'T UNDERSTAND.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM60

	Always	Usually	Many Times	Once in A While	Almost Never	Never	
61. I SNEAK FOOD OR DRINK SO PEOPLE WON'T KNOW.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM61
62. I THINK THAT MY HIPS ARE JUST THE RIGHT SIZE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM62
63. I WANT TO DO VERY WELL.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM63
64. I WORRY THAT I WILL START EATING WHEN I FEEL UPSET.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM64
65. I WISH THAT I COULD BE A KID FOREVER.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM65
66. I WORRY ABOUT GROWING UP MORE THAN OTHER KIDS DO.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM66

Copyright © 1983 Psychological Assessment Resources, Inc.

0925-0294
exp. 9/22

FTYPE NGHS Form 25
FREV Rev. 1 10/90

NHLBI GROWTH AND HEALTH STUDY
MY FEELINGS

This form is to be completed by the NGHS girl at the time of the baseline and at annual follow-up examinations.

ID number of NGHS girl: ..... ___-___ ___ ___ ___- ___ **RID**

Name code of NGHS girl: ..... ___ ___ ___ ___ ___ ___

Visit number:..... ___ ___ **VISIT**

Date: ..... ___ ___ - ___ ___ - ___ ___ **DO_FORM**
Month Day Year

Please **PRINT** your full name:

First Name Middle Initial Last Name

We think this questionnaire will take about 10-14 minutes for you to complete including listening to or reviewing instructions and collecting information. If you have comments about this time estimate or any part of the questionnaire, including suggestions for reducing the time required, please send them to Reports Clearance Officer, PHS, 721-H Herbert H. Humphrey Building, 200 Independence Avenue S.W., Washington, D.C. 20201; and to Office of Management and Budget, Paper Work Reduction Project (0925-0294), Washington, D.C. 20503.

0925-0294
exp. 9/22

NGHS Form 25
Rev. 1 10/90
5 Pages

NHLBI GROWTH AND HEALTH STUDY

MY FEELINGS

ID						
NC						
VN						

INSTRUCTIONS:

These questions measure different thoughts, feelings and ways of acting. Some of the items are about food and eating. Others ask you about your feelings about yourself. THERE ARE NO RIGHT OR WRONG ANSWERS SO TRY HARD TO BE VERY HONEST IN YOUR ANSWERS. YOUR ANSWERS ARE NOT SHARED WITH PARENTS, FRIENDS OR TEACHERS. Read each question and check the box for the answer that applies best to you. Please answer each question very carefully. Thank you.

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
1. I feel mad at myself when I eat sweets.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM1
2. I think that my stomach is too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM2
3. I worry about leaving my family when I grow up.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM3
4. I eat when I am upset.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM4
5. I stuff myself with food.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM5
6. I get scared of growing up.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM6
7. I think about dieting.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM7
8. I get scared when my feelings are too strong.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM8
9. I think that my thighs are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM9
10. I feel I can't do things very well.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM10

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
11. I feel very guilty after I eat too much.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM11
12. I think that my stomach is just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM12
13. In my family everyone has to do things like a superstar.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM13
14. The happiest time in life is when you are a kid.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM14
15. I tell people about my feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM15
16. I am very afraid of gaining weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM16
17. I trust people.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM17

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
18. I feel very alone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM18
19. I feel satisfied with the shape of my body.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM19
20. I feel that I can handle things in my life.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM20
21. I get confused about what feelings I have.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM21
22. I would rather be an adult than a kid.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM22
23. I can talk to other people easily.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM23
24. I wish I were someone else.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM24
25. I care too much about my weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM25

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
26. I usually can tell what I am feeling.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM26
27. I don't feel that I am as good as most kids.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM27
28. Sometimes I have started eating too much and could not stop.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM28
29. I try very hard to do what my parents and teachers want.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM29
30. I have close friends.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM30
31. I like the shape of my behind.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM31
32. I think about being thinner a lot.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM32

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
33. I don't know what's going on inside me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM33
34. I have trouble telling other people how I feel.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM34
35. The responsibilities of being an adult scare me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM35
36. I hate being less than best at things.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM36
37. I feel good about myself.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM37
38. I think about eating a lot of food at one time.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM38
39. I wish that I could grow up faster.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM39

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
40. I can't tell when I am hungry.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM40
41. I don't like myself very much.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM41
42. I feel that I can do whatever I try to do.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM42
43. My parents expect me to be the best.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM43
44. I worry that my feelings will get out of control.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM44
45. I think my hips are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM45

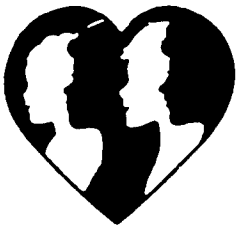
	Always	Usually	Many Times	Once In A While	Almost Never	Never	
46. I eat OK when other people are around, but I stuff myself when they're gone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM46
47. I feel stuffed after eating a little bit of food.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM47
48. Being a kid is better than being an adult.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM48
49. If I gain a pound, I worry that I will keep gaining.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM49
50. I feel that I am a good person.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM50
51. When I am upset, I don't know if I am sad, scared or mad.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM51
52. I have to do things perfectly or not do them at all.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM52

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
53. I think about trying to throw up to lose weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM53
54. I don't want people to get to know me too well.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM54
55. I think that my thighs are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM55
56. I feel empty inside.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM56
57. I can talk about my private thoughts or feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM57
58. The best years of your life are when you become an adult.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM58
59. I think my behind is too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM59

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
60. I have feelings I can't understand.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM60
61. I sneak food or drink so people won't know.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM61
62. I think that my hips are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM62
63. I want to do very well.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM63
64. I worry that I will start eating when I feel upset.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM64
65. I wish that I could be a kid forever.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM65
66. I worry about growing up more than other kids do.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM66

Copyright © 1983 Psychological Assessment Resources, Inc.

FTYPE NGHS Form 25
FREV Rev. 2 12/92



GROWTH AND HEALTH STUDY
MY FEELINGS

This form is to be completed by the NGHS girl.

ID number of NGHS girl: ..... ___ - ___ ___ ___ ___ - ___ RID

Name code of NGHS girl: ..... ___ ___ ___ ___ ___ ___

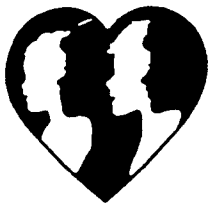
Visit number: ..... ___ VISIT

Date: ..... ___ ___ - ___ ___ - ___ ___ DO_FORM
Month Day Year

Please **PRINT** your full name:

_____
First Name Middle Initial Last Name

NGHS Form 25
Rev. 2 12/92
2 Pages



GROWTH AND HEALTH STUDY
MY FEELINGS

ID							
NC							
VN							

INSTRUCTIONS:

These questions measure different thoughts, feelings and ways of acting. Some of the items are about food and eating. Others ask you about your feelings about yourself. THERE ARE NO RIGHT OR WRONG ANSWERS SO TRY HARD TO BE VERY HONEST IN YOUR ANSWERS. YOUR ANSWERS ARE NOT SHARED WITH PARENTS, FRIENDS OR TEACHERS. Read each question and check the box for the answer that applies best to you. Please answer each question very carefully. Thank you.

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
1. I feel mad at myself when I eat sweets.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM1
2. I think that my stomach is too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM2
3. I eat when I am upset.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM4
4. I stuff myself with food.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM5
5. I think about dieting.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM7
6. I think that my thighs are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM9
7. I feel very guilty after I eat too much.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM11
8. I think that my stomach is just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM12
9. I am very afraid of gaining weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM16
10. I feel satisfied with the shape of my body.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM19
11. I care too much about my weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM25
12. Sometimes I have started eating too much and could not stop.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM28
13. I like the shape of my behind.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM31
14. I think about being thinner a lot.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM32
15. I think about eating a lot of food at one time.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM38
16. I can't tell when I am hungry.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM40

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
17. I think my hips are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM45
18. I eat OK when other people are around, but I stuff myself when they're gone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM46
19. I feel stuffed after eating a little bit of food.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM47
20. If I gain a pound, I worry that I will keep gaining.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM49
21. I think about trying to throw up to lose weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM53
22. I think that my thighs are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM55
23. I think my behind is too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM59
24. I sneak food or drink so people won't know.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM61
25. I think that my hips are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM62
26. I worry that I will start eating when I feel upset.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM64

Copyright © 1983 Psychological Assessment Resources, Inc.

FTYPE NGHS Form 25
FREV Rev. 3 2/01/95

NHLBI GROWTH AND HEALTH STUDY

MY FEELINGS

This form is to be completed by the NGHS girl.

ID number of NGHS girl: ..... ___-___ ___ RID ___-___

Name code of NGHS girl: ..... ___ ___ ___ ___ ___ ___

Visit number:..... ___ VISIT ___

Date: ..... ___ ___ - ___ ___ DO_FORM - ___ ___
Month Day Year

Please **PRINT** your full name:

First Name Middle Initial Last Name

NHLBI GROWTH AND HEALTH STUDY

MY FEELINGS

NGHS Form 25
Rev. 3 2/01/95
5 Pages

ID						
NC						
VN						

INSTRUCTIONS:

These questions measure different thoughts, feelings and ways of acting. Some of the items are about food and eating. Others ask you about your feelings about yourself. THERE ARE NO RIGHT OR WRONG ANSWERS SO TRY HARD TO BE VERY HONEST IN YOUR ANSWERS. YOUR ANSWERS ARE NOT SHARED WITH PARENTS, FRIENDS OR TEACHERS. Read each question and check the box for the answer that applies best to you. Please answer each question very carefully. Thank you.

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
1. I feel mad at myself when I eat sweets.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM1
2. I think that my stomach is too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM2
3. I eat when I am upset.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM4
4. I stuff myself with food.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM5
5. I think about dieting.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM7
6. I think that my thighs are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM9
7. I feel I can't do things very well.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM10
8. I feel very guilty after I eat too much.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM11
9. I think that my stomach is just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM12

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
10. In my family everyone has to do things like a superstar.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM13
11. I tell people about my feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM15
12. I am very afraid of gaining weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM16
13. I trust people.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM17
14. I feel very alone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM18
15. I feel satisfied with the shape of my body.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM19

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
16. I feel that I can handle things in my life.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM20
17. I can talk to other people easily.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM23
18. I wish I were someone else.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM24
19. I care too much about my weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM25
20. I don't feel that I am as good as most kids.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM27
21. Sometimes I have started eating too much and could not stop.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM28

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
22. I try very hard to do what my parents and teachers want.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM29
23. I have close friends.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM30
24. I like the shape of my behind.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM31
25. I think about being thinner a lot.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM32
26. I have trouble telling other people how I feel.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM34
27. I hate being less than best at things.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM36

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
28. I feel good about myself.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM37
29. I think about eating a lot of food at one time.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM38
30. I don't like myself very much.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM41
31. I feel that I can do whatever I try to do.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM42
32. My parents expect me to be the best.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM43
33. I think my hips are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM45

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
34. I eat OK when other people are around, but I stuff myself when they're gone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM46
35. If I gain a pound, I worry that I will keep gaining.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM49
36. I feel that I am a good person.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM50
37. I have to do things perfectly or not do them at all.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM52
38. I think about trying to throw up to lose weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM53
39. I don't want people to get to know me too well.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM54

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
40. I think that my thighs are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM55
41. I feel empty inside.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM56
42. I can talk about my private thoughts or feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM57
43. I think my behind is too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM59
44. I sneak food or drink so people won't know.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM61
45. I think that my hips are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM62

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
46. I want to do very well.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM63
47. People who I like end up hurting me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM47A
48. Other people would say that I get upset a lot.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM48A
49. I say things that I wish I had not said.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM49A
50. I take things that don't belong to me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM50A
51. I have lots of friends.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM51A

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
52. I get bad thoughts in my head that I can't get rid of.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM52A
53. I get mad at other people.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM53A
54. I do things that get me into trouble.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM54A
55. It doesn't take much for me to get mad.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM55A
56. My feelings go up and down.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM56A
57. I feel that I must hurt myself or others.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM57A

Copyright © 1984, 1991 by Psychological Assessment Resources, Inc. Reproduced by permission.

FTYPE
FREV

NGHS Form 25
Rev. 4 2/1/96

GROWTH AND HEALTH STUDY

MY FEELINGS - I

This form is to be completed by the NGHS girl.

ID number of NGHS girl: ..... ___-___ RID ___-___

Name code of NGHS girl: ..... ___ ___ ___ ___ ___ ___

Visit number:..... VISIT

Date: ..... ___ ___ - DO_FORM - ___ ___
Month Day Year

Please **PRINT** your full name:

First Name Middle Initial Last Name

GROWTH AND HEALTH STUDY

MY FEELINGS - I

NGHS Form 25
Rev. 4 2/1/96
3 Pages

ID							
NC							
VN							

INSTRUCTIONS:

These questions measure different thoughts, feelings and ways of acting. Some of the items are about food and eating. Others ask you about your feelings about yourself. THERE ARE NO RIGHT OR WRONG ANSWERS SO TRY HARD TO BE VERY HONEST IN YOUR ANSWERS. YOUR ANSWERS ARE NOT SHARED WITH PARENTS, FRIENDS OR TEACHERS. Read each question and check the box for the answer that applies best to you. Please answer each question very carefully. Thank you.

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
1. I feel mad at myself when I eat sweets.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM1
2. I think that my stomach is too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM2
3. I eat when I am upset.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM4
4. I stuff myself with food.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM5
5. I think about dieting.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM7
6. I think that my thighs are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM9
7. I feel very guilty after I eat too much.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM11
8. I think that my stomach is just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM12
9. I am very afraid of gaining weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM16

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
10. I feel satisfied with the shape of my body.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM19
11. I care too much about my weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM25
12. Sometimes I have started eating too much and could not stop.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM28
13. I like the shape of my behind.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM31
14. I think about being thinner a lot.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM32
15. I think about eating a lot of food at one time.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM38
16. I think my hips are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM45

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
17. I eat OK when other people are around, but I stuff myself when they're gone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM46
18. If I gain a pound, I worry that I will keep gaining.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM49
19. I think about trying to throw up to lose weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM53
20. I think that my thighs are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM55
21. I think my behind is too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM59
22. I sneak food or drink so people won't know.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM61
23. I think that my hips are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM62

Copyright © 1984, 1991 by Psychological Assessment Resources, Inc. Reproduced by permission.

Indicate how strongly you agree or disagree with each of the items below by checking a box to the right of the item. Be as accurate and as honest as you can. Try not to let your answer to one question influence your answers to other questions. There are no correct or incorrect answers.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
24. In uncertain times, I usually expect the best.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT1
25. It's easy for me to relax.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT2
26. If something can go wrong for me, it will.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT3
27. I always look on the bright side of things.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT4
28. I'm always optimistic about my future.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT5
29. I enjoy my friends a lot.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT6

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
30. It's important for me to keep busy.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT7
31. I hardly ever expect things to go my way.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT8
32. Things never work out the way I want them to.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT9
33. I don't get upset too easily.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT10
34. I'm a believer in the idea that "every cloud has a silver lining".	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT11
35. I rarely count on good things happening to me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	LOT12

THANK YOU FOR ANSWERING THESE QUESTIONS.

FTYPE NGHS Form 25
FREV Rev. 5 01/96

GROWTH AND HEALTH STUDY
MY FEELINGS - II

This form is to be completed by the NGHS girl.

ID number of NGHS girl: ..... RID ___ - ___ ___ ___ ___ - ___

Name code of NGHS girl: ..... ___ ___ ___ ___ ___ ___

Visit number: ..... VISIT ___

Date: ..... DO_FORM ___ ___ - ___ ___ - ___ ___
Month Day Year

Please **PRINT** your full name:

_____
First Name Middle Initial Last Name

NGHS Form 25
Rev. 5 01/96
5 Pages

GROWTH AND HEALTH STUDY
MY FEELINGS - II

ID							
NC							
VN							

INSTRUCTIONS: These questions measure different thoughts, feelings and ways of acting. Some of the items are about food and eating. Others ask you about your feelings about yourself. THERE ARE NO RIGHT OR WRONG ANSWERS SO TRY HARD TO BE VERY HONEST IN YOUR ANSWERS. YOUR ANSWERS ARE NOT SHARED WITH PARENTS, FRIENDS OR TEACHERS. Read each question and check the box for the answer that applies best to you. Please answer each question very carefully. Thank you.

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
1. I feel mad at myself when I eat sweets.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM1
2. I think that my stomach is too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM2
3. I worry about leaving my family when I grow up.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM3
4. I eat when I am upset.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM4
5. I stuff myself with food.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM5
6. I get scared of growing up.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM6
7. I think about dieting.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM7
8. I get scared when my feelings are too strong.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM8

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
9. I think that my thighs are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM9
10. I feel I can't do things very well.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM10
11. I feel very guilty after I eat too much.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM11
12. I think that my stomach is just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM12
13. In my family everyone has to do things like a superstar.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM13
14. The happiest time in life is when you are a kid.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM14
15. I tell people about my feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM15
16. I am very afraid of gaining weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM16

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
17. I trust people.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM17
18. I feel very alone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM18
19. I feel satisfied with the shape of my body.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM19
20. I feel that I can handle things in my life.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM20
21. I get confused about what feelings I have.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM21
22. I would rather be an adult than a kid.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM22
23. I can talk to other people easily.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM23
24. I wish I were someone else.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM24
25. I care too much about my weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM25
26. I usually can tell what I am feeling.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM26
27. I don't feel that I am as good as most kids.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM27

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
28. Sometimes I have started eating too much and could not stop.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM28
29. I try very hard to do what my parents and teachers want.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM29
30. I have close friends.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM30
31. I like the shape of my behind.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM31
32. I think about being thinner a lot.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM32
33. I don't know what's going on inside me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM33
34. I have trouble telling other people how I feel.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM34
35. The responsibilities of being an adult scare me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM35
36. I hate being less than best at things.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM36
37. I feel good about myself.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM37
38. I think about eating a lot of food at one time.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM38

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
39. I wish that I could grow up faster.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM39
40. I can't tell when I am hungry.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM40
41. I don't like myself very much.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM41
42. I feel that I can do whatever I try to do.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM42
43. My parents expect me to be the best.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM43
44. I worry that my feelings will get out of control.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM44
45. I think my hips are too big.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM45
46. I eat OK when other people are around, but I stuff myself when they're gone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM46
47. I feel stuffed after eating a little bit of food.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM47
48. Being a kid is better than being an adult.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM48
49. If I gain a pound, I worry that I will keep gaining.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM49

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
50. I feel that I am a good person.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM50
51. When I am upset, I don't know if I am sad, scared or mad.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM51
52. I have to do things perfectly or not do them at all.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM52
53. I think about trying to throw up to lose weight.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM53
54. I don't want people to get to know me too well.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM54
55. I think that my thighs are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM55
56. I feel empty inside.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM56
57. I can talk about my private thoughts or feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM57
58. The best years of your life are when you become an adult.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM58
59. I think my behind is too large.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	ITEM59

	Always	Usually	Many Times	Once In A While	Almost Never	Never	
60. I have feelings I can't understand.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	**ITEM60**
61. I sneak food or drink so people won't know.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	**ITEM61**
62. I think that my hips are just the right size.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	**ITEM62**
63. I want to do very well.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	**ITEM63**
64. I worry that I will start eating when I feel upset.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	**ITEM64**

Copyright © 1984, 1991 by Psychological Assessment Resources, Inc. Reproduced by permission.

Indicate how strongly you agree or disagree with each of the items below by checking a box to the right of the item. Be as accurate and as honest as you can. Try not to let your answer to one question influence your answers to other questions. There are no correct or incorrect answers.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
65. In uncertain times, I usually expect the best.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT1**
66. It's easy for me to relax.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT2**
67. If something can go wrong for me, it will.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT3**
68. I always look on the bright side of things.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT4**
69. I'm always optimistic about my future.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT5**
70. I enjoy my friends a lot.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT6**

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
71. It's important for me to keep busy.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT7**
72. I hardly ever expect things to go my way.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT8**
73. Things never work out the way I want them to.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT9**
74. I don't get upset too easily.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT10**
75. I'm a believer in the idea that "every cloud has a silver lining."	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT11**
76. I rarely count on good things happening to me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	**LOT12**

THANK YOU FOR ANSWERING THESE QUESTIONS.