### NHLBI GROWTH AND HEALTH STUDY

الوائد المحرج بالجراجة

### MY FEELINGS

This form is to be complethe baseline and at annual		
ID number of NGHS child: .	·····	RID
Name code of NGHS child: .	<u> </u>	
Visit number:		<u>Visit</u>
Please PRINT your full name	e:	
First Name	Middle Name	Last Name
Today's date:	_	DO_FORM _
Today s date	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.

0925-0294 exp 12/89

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### 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		Never	
	I FEEL MAD AT MYSELF WHEN I EAT SWEETS.		_ 2			□ s	□.	ITEM1
2.	I THINK THAT MY STOMACH IS TOO BIG.	☐ 1	_ 2	□ ,		☐ 5	□ .	ITEM2
3.	I WORRY ABOUT LEAVING MY FAMILY WHEN I GROW UP.	_ ı	_ 2			□ s	<b>.</b>	ITEM3
4.	I EAT WHEN I AM UPSET.	_ ı	_ 2	□,		□ 5	□ .	ITEM4
5.	I STUFF MYSELF WITH FOOD.	1	_ 2				□ 6	ITEM5

		ALWAYS	USUALLY	Many Times	Once in A While	Almost Never	NEVER	
6.	I GET SCARED OF GROWING UP.	□ 1	2	<b></b> ,		□ 5	□.	ITEM6
, ,	I THINK ABOUT DIETING.  I GET SCARED WHEN MY FEELINGS ARE TOO STRONG.	□ 1 □ 1		□ ,	□. □.	☐ s	□ . □ .	ITEM7
9.	I THINK THAT MY THIGHS ARE TOO BIG.		2			□ 5	□ 6	ITEM9
10.	I FEEL I CAN'T DO THINGS VERY WELL.	□ 1	_ 2	□,	□.	☐ s	☐ 6	ITEM10
-	-	ALWAYS	USUALLY	Many Times	Once in A While	Almost Never	Never	-
11.	I FEEL VERY GUILTY AFTER I EAT TOO MUCH.	ALWAYS				NEVER_	Never	ITEM11
				TIMES	A WHILE	NEVER		
12.	AFTER I EAT TOO MUCH.  I THINK THAT MY STOMACH		_ 2	TIMES 3	A WHILE	NEVER 5	□ <b>.</b>	ITEM11
12. 13.	AFTER I EAT TOO MUCH.  I THINK THAT MY STOMACH IS JUST THE RIGHT SIZE.  IN MY FAMILY EVERYONE HAS TO DO THINGS LIKE	i	_ 2	TIMES  ,	A WHILE	NEVER  5 5	□. □.	ITEM11

						<del></del>	<del></del>	
******		ALWAYS	USUALLY	Many Times	Once in A While		NEVER	
16.	I AM VERY AFRAID OF GAINING WEIGHT.	_ ı		□ ,		□ s	□.	ITEM16
17.	I TRUST PEOPLE.	_ ı	<sub>2</sub>			□ 5	□.	ITEM17
18.	I FEEL VERY ALONE.	ı	_ 2			_ 5	☐ 6	ITEM18
19.	I FEEL SATISFIED WITH THE SHAPE OF MY BODY.	_ ı	_ 2		□ 4	5	□ 6	ITEM19
	I FEEL THAT I CAN HANDLE THINGS IN MY LIFE.	□ 1	□ 2	☐ 3		□ 5	□ .	ITEM20
		ALWAYS	USUALLY		ONCE IN		NEVER	<del>-</del>
21.	I GET CONFUSED ABOUT WHAT FEELINGS I HAVE.	ı	<sub>2</sub>	□ 3	□ 4	□ 5	6	ITEM21
22.	I WOULD RATHER BE AN ADULT THAN A KID.	□ 1	<sub>2</sub>	☐ 3		□ 5	□.	ITEM22
23.	I CAN TALK TO OTHER PEOPLE EASILY.	□ 1	_ 2	☐ 3		□ 5	□ .	ITEM23
24.	I WISH I WERE SOMEONE ELSE.	□ 1	<sub>2</sub>	3	□ .	□ 5	□ .	ITEM24
25.	I CARE TOO MUCH ABOUT					□ s		ITEM25

		ALWAYS	USUALLY	Many Times	Once in A While		<u>Never</u>	
26.	I USUALLY CAN TELL WHAT I AM FEELING.	□ ı	2		□.	☐ 5	□.	ITEM26
27.	I DON'T FEEL THAT I AM AS GOOD AS MOST KIDS.	_ ı	2	☐ 3	□ ,	☐ s	□.	ITEM27
28.	Sometimes I have started eating too much and could not stop.	_ ı	2			□ s	□ .	ITEM28
29.	I TRY VERY HARD TO DO WHAT MY PARENTS AND TEACHERS WANT.	□ 1				□ s	□.	ITEM29
30.	I HAVE CLOSE FRIENDS.	□ 1	□ 2		□ 4	□ 5	□ .	ITEM30
		ALWAYS	<u>Usually</u>	Many Times	Once in A While		Never	-
31.	I LIKE THE SHAPE OF MY BEHIND.	_ ı	<sub>2</sub>	3 -	_ 🗆 .	<u></u> 5	6	ITEM31
32.	I THINK ABOUT BEING THINNER A LOT.	_ ı	_ 2	□ 3		5	□.	ITEM32
33.	I DON'T KNOW WHAT'S GOING ON INSIDE ME.	<u> </u>	_ 2	□ ,	□.	_ 5	□.	ITEM33
34.	I HAVE TROUBLE TELLING OTHER PEOPLE HOW I FEEL.	ı	2	☐ 3		□ ,	□ .	ITEM34
				~				

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		ALWAYS	<u>Usually</u>	Many Times	ONCE IN A WHILE		Never	
36.	I HATE BEING LESS THAN BEST AT THINGS.	ı	2		□ .	□ 5	□ .	ІТЕМ36
37.	I FEEL GOOD ABOUT MYSELF.	ı	_ 2	□,		□ 5	□.	ITEM37
38.	I THINK ABOUT EATING A LOT OF FOOD AT ONE TIME.	□ 1	□ <sub>2</sub>		□ .	s	6	ITEM38
39.	I WISH THAT I COULD GROW UP FASTER.	_ ı		□ 3	$\Box$ .		□.	ITEM39
40.	I CAN'T TELL WHEN I AM HUNGRY.	☐ 1	_ 2	□,		□ 5	☐ 6	ITEM40
		ALWAYS	USUALLY	Many Times	Once in		NEVER	-
41.	I DON'T LIKE MYSELF VERY MUCH.	ALWAYS	USUALLY				Never	 - ITEM41
				TIMES	A WHILE	NEVER		-
42.	VERY MUCH.  I FEEL THAT I CAN DO	1		TIMES  3	A WHILE	NEVER 5	□ <b>.</b>	ITEM41
42. 43.	VERY MUCH.  I FEEL THAT I CAN DO WHATEVER I TRY TO DO.  MY PARENTS EXPECT ME			TIMES  3	A WHILE	NEVER  5 5	☐ 6 ☐ 6	ITEM41

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		ALWAYS	USUALLY	Many Times	Once in A While		NEVER	
46.	I EAT OK WHEN OTHER PEOPLE ARE AROUND, BUT I STUFF MYSELF WHEN THEY'RE GONE.	1		□ <b>,</b>		□ s		ITEM46
47.	I FEEL STUFFED AFTER EATING A LITTLE BIT OF FOOD.	1	□ 2	_ ,			□.	ITEM47
48.	Being a kid is better than being an adult.	□ .	_ 2		□ .	□ 5	□ 6	ITEM48
49.	IF I GAIN A POUND, I WORRY THAT I WILL KEEP GAINING.	□ <sub>1</sub>	_ 2	☐ 3	□.	5	□ 6	ITEM49
50.	I FEEL THAT I AM A GOOD PERSON.	_ ı	_ 2	☐ 3	□.	5	☐ <b>6</b>	ITEM50
		ALWAYS	USUALLY	Many Times	Once in A While		Never	_
51.	WHEN I AM UPSET, I DON'T KNOW IF I AM SAD, SCARED OR MAD.	1	_ 2	□ ,				ITEM51
52.	I HAVE TO DO THINGS PERFECTLY OR NOT DO THEM AT ALL.	ı	_ 2		□.	□,	□.	ITEM52
53.	I THINK ABOUT TRYING TO THROW UP TO LOSE WEIGHT.	□ 1				- 🔲 s	□.	ITEM53
54.	I DON'T WANT PEOPLE TO GET TO KNOW ME TOO WELL.	□ 1	<sub>2</sub>			□ 5	□.	ITEM54
55.	I THINK THAT MY THIGHS ARE JUST THE RIGHT SIZE.	_ 1	_ 2	□ 3		s	□.	ITEM55

		ALWAYS	<u>Usually</u>	Many Times	Once in A While		NEVER	
56.	I FEEL EMPTY INSIDE.	ı	2	□ 3		5	□ 6	ITEM56
57.	I CAN TALK ABOUT MY PRIVATE THOUGHTS OR FEELINGS.	□ 1	□ 2			□ .	□ .	ITEM57
58.	THE BEST YEARS OF YOUR LIFE ARE WHEN YOU BECOME AN ADULT.	_ ı			_ ^	□ s	□ .	ITEM58
59.	I THINK MY BEHIND IS TOO LARGE.	□ 1	2	□ 3		5	□ 6	ITEM59
	I HAVE FEELINGS I CAN'T UNDERSTAND.			□,	□ 4	5	□.	ITEM60
-		ALWAYS	USUALLY	MANY TIMES	Once in A While	ALMOST Never	NEVER	<del>-</del>
61.	I SNEAK FOOD OR DRINK SO PEOPLE WON'T KNOW.	_ 1	2	3	□ .	s -	□ 6	- ITEM61
62.	I THINK THAT MY HIPS ARE JUST THE RIGHT SIZE.	□ ·	_ 2	□,			□.	ITEM62
63.	I WANT TO DO VERY WELL.	□ 1	<sub>2</sub>	□,		□ <b>,</b>	□ .	ITEM63
64.	I WORRY THAT I WILL START EATING WHEN I FEEL UPSET.	ı	_ 2		□,	□ ,	<u> </u>	ITEM64
65.	I WISH THAT I COULD BE A KID FOREVER.	_ ı	2	□ 3		□ 5	□ .	ITEM65
66.	I WORRY ABOUT GROWING UP MORE THAN OTHER KIDS DO.	_ ı				□ 5	□.	ITEM66

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0925-0294 exp. 9/22



FTYPE FREV NGHS Form 25 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 gir	n:	····· _	RID	
Name code of NGHS gir	ጎ:			
Visit number:			DO_FORM _	. VISIT
Date:	_	Month	Day	Year
Please <b>PRINT</b> your full a	name:			-
First Name	Middle Fr	itial	La	st 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.



## NHLBI GROWTH AND HEALTH STUDY MY FEELINGS

0925-0294 exp. 9/22

NGHS Form 25 Rev. 1 10/90 5 Pages

ID			
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### **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.

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

		<u>Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	<u>Never</u>	
11.	I feel very guilty after I eat too much.	$\Box$ ,				5		ITEM11
12.	I think that my stomach is just the right size.					s	6	ITEM12
13.	In my family everyone has to do things like a superstar.	□,		$\Box_3$				ITEM13
14.	The happiest time in life is when you are a kid.					5	6	ITEM14
15.	I tell people about my feelings.				□ <b>.</b>	5	6	ITEM15
16.	I am very afraid of gaining weight.				$\Box$ .	□,	6	ITEM16
17.	I trust people.				$\Box$ .			ITEM17
				-				•
	*	<u>Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	<u>Never</u>	
18.	I feel very alone.	$\Box$ ,						ITEM18
19.	I feel satisfied with the shape of my body.					5	□.	ITEM19
20.	I feel that I can handle things in my life.				□ <b>.</b>			ITEM20
21.	. I get confused about what feelings I have.					5		ITEM21
22.	. I would rather be an adult than a kid.					5	6	ITEM22
23.	. I can talk to other people easily.				$\Box$ .		□,	ITEM23
24.	. I wish I were someone else.			$\Box$ ,	$\Box$ .			ITEM24
25	. I care too much about my weight.				$\Box$ .			ITEM25

		Always	<u>Usually</u>	Many <u>Times</u>	Once In A While	Almost <u>Never</u>	<u>Never</u>	
26.	I usually can tell what I am feeling.	$\Box$ ,			$\Box$ .			ITEM26
27.	I don't feel that I am as good as most kids.			3	$\Box$ .	5	6	ITEM27
28.	Sometimes I have started eating too much and could not stop.							ITEM28
29.	I try very hard to do what my parents and teachers want.					5		ITEM29
30.	I have close friends.							ITEM30
31.	I like the shape of my behind.			□,	$\Box$ .		6	ITEM31
32.	- I think about being							ITEM32
	thinner a lot.	1	2	<sub>3</sub>	4	5	6	-
•	thinner a lot.	1	2	3	4	5		•
	thinner a lot.	Always	<u>Usually</u>	Many Times	Once In	Almost <u>Never</u>	<u>Never</u>	• •
33		Always	Usually				Never	ITEM33
	I don't know what's	Always	Usually		A While		Never	ITEM33
34	I don't know what's going on inside me. I have trouble telling	Always	Usually		A While		Never  G G G G G G G G G G G G G G G G G G	•
34 35	I don't know what's going on inside me.  I have trouble telling other people how I feel.  The responsibilities of	Always	Usually		A While		Never	ITEM34
34 35 36	I don't know what's going on inside me.  I have trouble telling other people how I feel.  The responsibilities of being an adult scare me.  I hate being less than		Usually	Times  , , , ,	A While	Never  , , , , ,	Never  of the second of the se	ITEM34
34 35 36	I don't know what's going on inside me.  I have trouble telling other people how I feel.  The responsibilities of being an adult scare me.  I hate being less than best at things.			Times  , , , ,	A While	Never  , , , , ,	Never  6  6  6  6  6  6  6  6  6  6  6  6  6	ITEM34 ITEM35

		<u>Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	Never	
0.	I can't tell when I am hungry.				$\Box_{\bullet}$			ITEM40
1.	I don't like myself very much.	$\Box$				5		ITEM41
2.	I feel that I can do whatever I try to do.						6	ITEM42
3.	My parents expect me to be the best.							ITEM43
4.	I worry that my feelings will get out of control.							ITEM44
5.	I think my hips are too big.				<b>□</b> .			ITEM45
-		Always	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	<u>Never</u>	•
46.	I eat OK when other people are around, but I stuff myself when they're gone.	1		3				ITEM46
47.	I feel stuffed after eat- ing a little bit of food.					s	□.	ITEM47
48.	Being a kid is better than being an adult.							ITEM48
49.	If I gain a pound, I worry that I will keep gaining.						□,	ITEM49
50.	I feel that I am a good person.			$\square_{\mathfrak{z}}$				ITEM50
51.	When I am upset, I don't know if I am sad, scared or mad.					s	6	ITEM51
52.	I have to do things perfectly or not do them at all.					s		ITEM52
	1. 2. 3. 4. 5. 46. 47. 48.	1. I don't like myself very much.  2. I feel that I can do whatever I try to do.  3. My parents expect me to be the best.  4. I worry that my feelings will get out of control.  5. I think my hips are too big.  46. I eat OK when other people are around, but I stuff myself when they're gone.  47. I feel stuffed after eating a little bit of food.  48. Being a kid is better than being an adult.  49. If I gain a pound, I worry that I will keep gaining.  50. I feel that I am a good person.  51. When I am upset, I don't know if I am sad, scared or mad.  52. I have to do things perfectly or not do	O. I can't tell when I am hungry.  1. I don't like myself very much.  2. I feel that I can do whatever I try to do.  3. My parents expect me to be the best.  4. I worry that my feelings will get out of control.  5. I think my hips are too big.  Always  46. I eat OK when other people are around, but I stuff myself when they're gone.  47. I feel stuffed after eating a little bit of food.  48. Being a kid is better than being an adult.  49. If I gain a pound, I worry that I will keep gaining.  50. I feel that I am a good person.  51. When I am upset, I don't know if I am sad, scared or mad.  52. I have to do things perfectly or not do	O. I can't tell when I am hungry.  1. I don't like myself very much.  2. I feel that I can do whatever I try to do.  3. My parents expect me to be the best.  4. I worry that my feelings will get out of control.  5. I think my hips are too big.  Always Usually  46. I eat OK when other people are around, but I stuff myself when they're gone.  47. I feel stuffed after eating a little bit of food.  48. Being a kid is better than being an adult.  49. If I gain a pound, I worry that I will keep gaining.  50. I feel that I am a good person.  51. When I am upset, I don't know if I am sad, scared or mad.  52. I have to do things perfectly or not do	Always Usually Times  1. I don't like myself	Always Usually Times A While  0. I can't tell when I am hungry.  1. I don't like myself very much.  2. I feel that I can do whatever I try to do.  3. My parents expect me to be the best.  4. I worry that my feelings will get out of control.  5. I think my hips are too big.  46. I eat OK when other people are around, but I stuff myself when they're gone.  47. I feel stuffed after eating a little bit of food.  48. Being a kid is better than being an adult.  49. If I gain a pound, I worry that I will keep gaining.  50. I feel that I am a good person.  51. When I am upset, I don't know if I am sad, scared or mad.  52. I have to do things perfectly or not do	Always Usually Times A While Never  0. I can't tell when I am hungry.	Always Usually Times A While Never Never  0. I can't tell when I am hungry.  1. I don't like myself very much.  2. I feel that I can do whatever I try to do.  3. My parents expect me to be the best.  4. I worry that my feelings will get out of control.  5. I think my hips are too big.  Always Usually Times A While Never Ne

		<u> Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	<u>Never</u>	
53.	I think about trying to throw up to lose weight.						$\Box_{\bullet}$	ITEM53
54.	I don't want people to get to know me too well.			3				ITEM54
55.	I think that my thighs are just the right size.			3			6	ITEM55
56.	I feel empty inside.	$\Box$ ,			$\Box$ .			ITEM56
57.	I can talk about my private thoughts or feelings.				□.	s		ITEM57
58.	The best years of your life are when you become an adult.	□.				5		ITEM58
59.	I think my behind is too large.	$\Box$ ,						. ITEM59
	<b>,</b> .	•	_				-	
		Always	<u>Usually</u>	Many <u>Times</u>	Once In A While	Almost <u>Never</u>	Never	
60.		Always	Usually -				Never	ITEM60
	I have feelings I can't	Always	Usually				Never	ITEM60 ITEM61
61.	I have feelings I can't understand. I sneak food or drink	Always	Usually		A While		Never	
61.	I have feelings I can't understand.  I sneak food or drink so people won't know.  I think that my hips are just the right size.	Always	Usually		A While		Never 6	ITEM61
61. 62.	I have feelings I can't understand.  I sneak food or drink so people won't know.  I think that my hips are just the right size.	Always		Times	A While		Never  6  6  6	ITEM61
61. 62. 63.	I have feelings I can't understand.  I sneak food or drink so people won't know.  I think that my hips are just the right size.  I want to do very well.  I worry that I will start eating when			Times	A While		Never	ITEM61 ITEM62 ITEM63

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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.

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ID number of NGHS girl:		<u> </u> -	RID	
Name code of NGHS girl:				
Visit number:				VISIT
			DO_FORM	_
Date:		Month	Day	Year
Please <u>PRINT</u> your full name:	-			
First Name	Middle Initial		Last Nan	<u></u>

NGHS Form 25 Rev. 2 12/92 2 Pages



### GROWTH AND HEALTH STUDY MY FEELINGS

ID			
NC			
VΝ			 

### **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 <u>Never</u>	Never	•
1.	I feel mad at myself when I eat sweets.	□ ,		$\Box$ ,	□,	5	□.	ITEM1
2.	I think that my stomach is too big.	□ ,		$\Box$ ,	$\Box$ .		$\Box$ .	ITEM2
3.	l eat when I am upset.	$\Box$ ,		$\Box$ ,	$\Box$ .	<sub>6</sub>		ITEM4
4.	I stuff myself with food.	$\Box$ ,			$\Box$ .		$\Box$ .	ITEM5
5.	! think about dieting.			3	□,		$\Box$ .	ITEM7
6.	I think that my thighs are too big.	· 🔲,	<u> </u>		$\Box$ .	<sub>5</sub>		ITEM9
7.	I feel very guilty after I eat too much.	$\Box$ ,	□ ,	$\Box$ ,	$\Box$ .			ITEM11
8.	I think that my stomach is just the right size.	$\Box$ ,	<u></u>	$\Box$ ,	$\Box$ .	s	$\Box$ .	ITEM12
9.	I am very afraid of gaining weight.	$\Box$ ,		□,	$\Box$ .	s		ITEM16
10.	I feel satisfied with the shape of my body.	$\Box$ ,	$\Box$ ,	$\Box$ ,	□,		□,	ITEM19
11.	I care too much about my weight.			$\Box$ ,	$\Box$ .		$\Box$ .	ITEM25
12.	Sometimes I have started eating too much and could not stop.				$\Box$ .		$\Box$ .	ITEM28
13.	I like the shape of my behind.	$\Box$ ,		$\Box$ ,			$\Box$ .	ITEM31
14.	I think about being thinner a lot.	$\Box$ ,		$\Box$ ,	$\Box$ .	s	$\Box$ .	ITEM32
15.	I think about eating a lot of food at one time.	$\Box$ ,		□ <sub>3</sub>	$\Box$ .		□,	ITEM38
16.	I can't tell when I am hungry.	Π.	$\Box$	П.	<b>□</b> .	□.		ITEM40

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

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**FTYPE** NGHS Form 25 **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:	_ DO_FORM _	. VISIT
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			
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### 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.

	<u> Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	<u>Never</u>	
<ol> <li>I feel mad at myself when I eat sweets.</li> </ol>		$\square_{z}$					ITEM1
2. I think that my stomach is too big.		$\Box_{z}$		₄	s		ITEM2
3. I eat when I am upset.	$\square_{_{1}}$				5	6	ITEM4
4. I stuff myself with food	. 🗀 ,		3	$\Box$ .			ITEM5
5. I think about dieting.						6	ITEM7
<ol><li>I think that my thighs are too big.</li></ol>	1						ITEM9
<ol><li>I feel I can't do things very well.</li></ol>	$\square_{_1}$	$\square_{z}$		$\square_{\scriptscriptstyle ullet}$	5	6	ITEM10
<ol><li>I feel very guilty after I eat too much.</li></ol>					5	□,	ITEM11
9. I think that my stomach is just the right size.			□		5		ITEM12

		<u>Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	Never	
10.	In my family everyone has to do things like a superstar.							ITEM13
11.	I tell people about my feelings.				4	5		ITEM15
12.	I am very afraid of gaining weight.	$\Box$ .						ITEM16
13.	I trust people.			□ <sub>3</sub>		□ <sub>5</sub>		ITEM17
14.	I feel very alone.			$\square_{3}$	□ 4	5		ITEM18
15.	I feel satisfied with the shape of my body.	$\Box$ ,		$\square_3$	□ 4	5	6	ITEM19
<del></del> - - <del>-</del> -		Always	<u>Usually</u>	Many <u>Times</u>	Once In A While	Almost <u>Never</u>	Never	-
16.	I feel that I can handle things in my life.	$\Box$ ,	$\Box_{z}$			5		ITEM20
17.	I can talk to other people easily.		$\square_{_2}$	<b>_</b> ,			6	ITEM23
18.	I wish I were someone else.						6	ITEM24
19.	I care too much about my weight.				$\Box$ .	5	□ <sub>6</sub>	ITEM25
20.	· · · · · · · · · · · · · · · · · · ·	□,					6	ITEM27
21.	Sometimes I have started eating too much and could not stop.			□,		s	□.	ITEM28

		<u>Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	Never	
22.	I try very hard to do what my parents and teachers want.			□,			□,	ITEM29
23.	I have close friends.				□.	5	6	ITEM30
24.	I like the shape of my behind.						6	ITEM31
25.	I think about being thinner a lot.	$\Box$						ITEM32
26.	I have trouble telling other people how I feel.	$\Box$ ,		$\Box$ <sub>3</sub>	$\Box_{\bullet}$	s		ITEM34
27.	I hate being less than best at things.	$\Box$ ,		□,	□,	5		ITEM36
-	·							
•								-
					-		<del></del>	
		<u>Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In A While	Almost <u>Never</u>	<u>Never</u>	
28.	I feel good about myself.				$\Box$ .		6	ITEM37
29.	I think about eating a lot of food at one time.	$\Box$ ,			$\Box$ .			ITEM38
30.	I don't like myself very much.	$\Box$ ,			□,	5	6	ITEM41
31.	I feel that I can do whatever I try to do.	$\Box$ ,	$\Box_{z}$	3		□ <sub>5</sub>		ITEM42
32.	My parents expect me to be the best.	□,	$\Box$ ,	□,				ITEM43
33.	I think my hips are			□,			□,	ITEM45

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		<u>Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	<u>Never</u>	
34.	I eat OK when other people are around, but I stuff myself when they're gone.	□.		□,	□,			ITEM46
35.	If I gain a pound, I worry that I will keep gaining.	$\Box$		3				ITEM49
36.	I feel that I am a good person.	$\Box_{i}$				5		ITEM50
37.	I have to do things perfectly or not do them at all.					s	6	ITEM52
38.	I think about trying to throw up to lose weight.				4	5		ITEM53
39.	I don't want people to get to know me too well.		2	3				ITEM54
								-
		Always	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	. <u>Never</u>	
40.	I think that my thighs are just the right size.	$\square_{_1}$		$\square_{3}$	$\Box$ .			ITEM55
41.	I feel empty inside.			$\square_{3}$	$\Box$ .	s		ITEM56
42.	I can talk about my private thoughts or feelings.				- 4		□,	ITEM57
43.	I think my behind is too large.	$\Box$ ,		$\square_{3}$	$\Box$ .			ITEM59
43. 44.	too large.	□, □,		□ <sub>3</sub>	□, □,	<sub>5</sub>		ITEM59

		Always	Usually	Many <u>Times</u>	Once In A While	Almost <u>Never</u>	Never	
46.	I want to do very well.			3		□₅		ITEM63
47.	People who I like end up hurting me.	□_,				5		ITEM47A
48.	Other people would say that I get upset a lot.					<sub>5</sub>		ITEM48A
49.	I say things that I wish I had not said.				<b>□</b> .	s	6	ITEM49A
50.	I take things that don't belong to me.					s	6	ITEM50A
51.	I have lots of friends.	$\Box$		3	□ <sub>4</sub>			ITEM51A
_			_	-				-
	, <del>-</del>	•		Many	Once In	Almost		_
		Always	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	Never	
52.	I get bad thoughts in my head that I can't get rid of.	Always	Usually				Never	ITEM52A
52. 53.	I get bad thoughts in my head that I can't get rid of.	Always	Usually		A While			ITEM52A
53.	I get bad thoughts in my head that I can't get rid of. I get mad at other	Always	Usually	Times	A While			
53. 54.	I get bad thoughts in my head that I can't get rid of. I get mad at other people. I do things that get	Always	Usually	Times  ,	A While		□. □.	ITEM53A
53. 54. 55.	I get bad thoughts in my head that I can't get rid of. I get mad at other people. I do things that get me into trouble. It doesn't take much	□, □, □,		Times  ,	A While		□. □.	ITEM53A ITEM54A

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FTYPE NGHS Form 25 FREV 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 g	irl:	RID	
Name code of NGHS g	irl:		
Visit number:			. VISIT
Date:		_ DO_FORM _	
Date	Month	Day	Year
Please <b>PRINT</b> your full	name:		
First Name	Middle Initial	Last	. Name



## GROWTH AND HEALTH STUDY MY FEELINGS - I

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

		<u>Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	Never	
10.	I feel satisfied with the shape of my body.	$\Box$ ,		□,				ITEM19
11.	I care too much about my weight.	$\square_{_1}$			$\Box_{\bullet}$			ITEM25
12.	Sometimes I have started eating too much and could not stop.				□,	<sub>5</sub>		ITEM28
13.	I like the shape of my behind.			$\Box$ ,	□_4	5		ITEM31
14.	I think about being thinner a lot.					·	6	ITEM32
15.	I think about eating a lot of food at one time.	$\square_{_1}$		3		s		ITEM38
16.	I think my hips are too big.			$\Box$ ,		s	6	ITEM45
-		<u>Always</u>	<u>Usually</u>	Many <u>Times</u>	Once In <u>A While</u>	Almost <u>Never</u>	Never	•
17.	I eat OK when other people are around, but I stuff myself when they're gone.	Always	<u>Usually</u>		Once In A While	Never	Never	ITEM46
	people are around, but I stuff myself when	Always	Usually	Times	<u>A While</u>	Never		ITEM46
18.	people are around, but I stuff myself when they're gone.  If I gain a pound, I worry that I will keep	Always	Usually	Times	A While	Never		
18.	people are around, but I stuff myself when they're gone.  If I gain a pound, I worry that I will keep gaining.  I think about trying to throw up to lose weight.	Always	Usually	Times	A While	Never		ITEM49
18. 19. 20.	people are around, but I stuff myself when they're gone.  If I gain a pound, I worry that I will keep gaining.  I think about trying to throw up to lose weight.  I think that my thighs	Always	Usually	Times	A While	Never		ITEM49
18. 19. 20.	people are around, but I stuff myself when they're gone.  If I gain a pound, I worry that I will keep gaining.  I think about trying to throw up to lose weight.  I think that my thighs are just the right size.  I think my behind is	Always	Usually	Times	A While	Never		ITEM49 ITEM53 ITEM55

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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.

the second section is a second section.

		Strongly Agree	Agree	<u>Neutral</u>	<u>Disagree</u>	Strongly <u>Disagree</u>	
24.	In uncertain times, I usually expect the best.	$\Box$ ,	$\Box$ ,			<sub>5</sub>	LOT1
25.	It's easy for me to relax.	$\square_{_1}$				s	LOT2
26.	If something can go wrong for me, it will.						LOT3
27.	I always look on the bright side of things.				□ <b>.</b>	s	LOT4
28	I'm always optimistic about my future.						LOT5
29.	I enjoy my friends a lot.	$\square_{i}$					LOT6
		Strongly Agree	<u>Agree</u>	<u>Neutral</u>	Disagree	Strongly Disagree	
30.	It's important for me to keep busy.	Strongly Agree	Agree	Neutral	<u>Disagree</u>		LOT7
	It's important for me to keep busy.  I hardly ever expect things to go my way.	Agree				Disagree	LOT7
31.	Keep busy.  I hardly ever expect things	Agree				Disagree ,	
31.	I hardly ever expect things to go my way.  Things never work out the way	Agree				Disagree ,	LOT8
31.	I hardly ever expect things to go my way.  Things never work out the way I want them to.  I don't get upset too easily.	Agree		□, □, □,		Disagree	LOT9



NGHS Form 25 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:		<u> </u>	RID	
Name code of NGHS girl:				
Visit number:		•••••		VISIT
Date:		D	O_FORM	
Date:		Month	Day	Year
Please PRINT your full name:				-
-		-		a to reduce description.
First Name	Middle Initial		Last Nam	è

(1)

### GROWTH AND HEALTH STUDY MY FEELINGS - II

NGHS Form 25 Rev. 5 01/96 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	Usualiy	Many Times	Once In A While	Almost Never	Never	
1.	I feel mad at myself when I eat sweets.	$\Box$ ,		$\square$ ,	$\Box$ .			ITEM1
2.	I think that my stomach is too big.	$\Box$ ,			$\Box$ .	s		ITEM2
3.	I worry about leaving my family when I grow up.	<b>□</b> ,	$\Box$ ,	□,		<sub>6</sub>	<u> </u>	ITEM3
4.	l eat-when I am upset.	$\Box$ ,			$\Box$ .		□.	ITEM4
5.	I stuff myself with food.	$\Box$ ,		<b>_</b> ,		<sub>5</sub>	□. ¯	ITEM5
6.	I get scared of growing up.			□,	□.		$\Box$ .	ITEM6
7.	I think about dieting.	· 🔲,				s	□.	ITEM7
8.	I get scared when my feelings are too strong.	$\Box$ ,			$\Box$ .		$\Box$ .	ITEM8
	are too strong.							
	are too strong.	<u>Always</u>	Usually	Many Times	Once In A While	Almost <u>Never</u>	Never	
9.	I think that my thighs are too big.	Always	<u>Usually</u>				Never	ITEM9
	·		Usually 2	Times	A While	Never		ITEM9
10.	I think that my thighs are too big.		Usually	Times ,	A While	Never 5	$\Box$ .	
10. 11.	I think that my thighs are too big.  I feel I can't do things very well.			Times ,	A While	Never 5	□, □,	ITEM10
10. 11. 12.	I think that my thighs are too big.  I feel I can't do things very well.  I feel very guilty after I eat too much.  I think that my stomach is just			Times  , , ,	A While	Never		ITEM10
10. 11. 12. 13.	I think that my thighs are too big.  I feel I can't do things very well.  I feel very guilty after I eat too much.  I think that my stomach is just the right size.  In my family everyone has to do things				A While	Never		ITEM10 ITEM11 ITEM12
10. 11. 12. 13.	I think that my thighs are too big.  I feel I can't do things very well.  I feel very guilty after I eat too much.  I think that my stomach is just the right size.  In my family everyone has to do things like a superstar.  The happiest time in life is when				A While	Never		ITEM10 ITEM11 ITEM12 ITEM13

		Always	Usually	Many Times	Once In A While	Almost <u>Never</u>	Never	
17.	I trust people.	$\Box$ ,		□,	$\Box$ .		$\Box$ .	ITEM17
18.	I feel very alone.			□,	$\Box$ .		$\Box$ .	ITEM18
19.	I feel satisfied with the shape of my body.	$\Box$ ,		$\Box$ ,	□.	5	$\Box$ .	ITEM19
20.	I feel that I can handle things in my life.	<u> </u>		3	□,	<sub>5</sub>	□.	ITEM20
21.	I get confused about what feelings I have.	$\Box$ ,		$\Box$ ,	□,	<sub>5</sub>	□.	ITEM21
22.	I would rather be an adult than a kid.	$\Box$ ,	$\Box$ ,		$\Box$ .		$\Box$ .	ITEM22
23.	I can talk to other people easily.	$\Box$ ,		<b>_</b> ,	$\Box$ .		□.	ITEM23
24.	I wish I were someone else.	$\Box$ ,		□ ,			□.	ITEM24
25.	I care too much about my weight.	$\Box$ ,			$\Box$ .	s		ITEM25
26.	I usually can tell what I am feeling.	$\Box$ ,					$\Box$ .	ITEM26
27.	I don't feel that I am as good as most-kids.		□,	$\Box$ ,	$\Box$ .	s	$\Box$ .	ITEM27
	4	Always	Usually	Many <u>Times</u>	Once In A While	Almost Never	Never	
28.	Sometimes I have started eating too much and could not stop.	Always	Usually				Never	ITEM28
		1		Times	A While		Never	ITEM28
29.	too much and could not stop.  I try very hard to do what my	1		Times	A While	Never 5		
29. 30.	I try very hard to do what my parents and teachers want.			Times	A While	Never 5		ITEM29
29. 30. 31.	I try very hard to do what my parents and teachers want.  I have close friends.			Times ,,	A While	Never 5		ITEM29
29. 30. 31. 32.	too much and could not stop.  I try very hard to do what my parents and teachers want.  I have close friends.  I like the shape of my behind.			Times ,,	A While	Never		ITEM29 ITEM30 ITEM31
29. 30. 31. 32.	I try very hard to do what my parents and teachers want.  I have close friends.  I like the shape of my behind.  I think about being thinner a lot.			Times ,,	A While	Never		ITEM29 ITEM30 ITEM31 ITEM32
29. 30. 31. 32. 33.	too much and could not stop.  I try very hard to do what my parents and teachers want.  I have close friends.  I like the shape of my behind.  I think about being thinner a lot.  I don't know what's going on inside me			Times ,,	A While	Never		ITEM29 ITEM30 ITEM31 ITEM32 ITEM33
29. 30. 31. 32. 33. 34.	too much and could not stop.  I try very hard to do what my parents and teachers want.  I have close friends.  I like the shape of my behind.  I think about being thinner a lot.  I don't know what's going on inside me  ! have trouble telling other people how I feel.  The responsibilities of being an			Times ,,	A While	Never		ITEM29 ITEM30 ITEM31 ITEM32 ITEM33 ITEM34
29. 30. 31. 32. 33. 34. 35.	too much and could not stop.  I try very hard to do what my parents and teachers want.  I have close friends.  I like the shape of my behind.  I think about being thinner a lot.  I don't know what's going on inside me.  ! have trouble telling other people how I feel.  The responsibilities of being an adult scare me.			Times ,,	A While	Never		ITEM29 ITEM30 ITEM31 ITEM32 ITEM33 ITEM34 ITEM35

		Always	<u>Usually</u>	Many <u>Times</u>	Once In A While	Almost <u>Never</u>	<u>Never</u>	
39.	I wish that I could grow up faster.	□,		□,	$\Box$ .	<sub>6</sub>	□.	ITEM39
40.	I can't tell when I am hungry.	$\Box$ ,		□ <sub>3</sub>	$\Box$ .	s	$\Box$ .	ITEM40
41.	I don't like myself very much.					5	$\Box$ .	ITEM41
42.	I feel that I can do whatever I try to do.	□ ,	□,	$\Box$ ,		s	$\Box$ .	ITEM42
43.	My parents expect me to be the best.				$\Box$ .		□.	ITEM43
44.	I worry that my feelings will get out of control.	1	$\square_{2}$	3	□,		□.	ITEM44
45.	I think my hips are too big.			3	$\Box$ .		$\Box$ .	ITEM45
46.	l eat OK when other people are around, but I stuff myself when they're gone.				□,	<sub>6</sub>	□.	ITEM46
47.	I feel stuffed after eating a little bit of food.	$\Box$ ,		3	$\Box$ .		$\Box$ .	ITEM47
48.	Being a kid is better than being an adult	· 🔲,		$\Box$ ,	$\Box$ .		□.	ITEM48
49.	If I gain a pound, I worry that I	$\Box$	<u> </u>	$\Box$ ,				ITEM49
	will keep gaining.	۱ ا	2	3	4	5		
	will keep gaining.	Always	Usually	Many Times	Once In A While	Almost Never	Never	
	will keep gaining.  I feel that I am a good person.	Always	Usually	Many	Once In		Never	ITEM50
50.	will keep gaining.	. <u>Always</u>	Usually  2  2	Many Times	Once In A While		Never	
50. 51.	will keep gaining.  I feel that I am a good person.  When I am upset, I don't know if	Always	Usually	Many Times	Once In A While			ITEM50
50. 51. 52.	When I am upset, I don't know if I am sad, scared or mad.  I have to do things perfectly or	Always	Usually	Many Times	Once In A While			ITEM50 ITEM51
50. 51. 52.	When I am upset, I don't know if I am sad, scared or mad.  I have to do things perfectly or not do them at all.  I think about trying to throw up	Always	Usually	Many Times	Once In A While			ITEM50 ITEM51 ITEM52
50. 51. 52. 53.	I feel that I am a good person.  When I am upset, I don't know if I am sad, scared or mad.  I have to do things perfectly or not do them at all.  I think about trying to throw up to lose weight.  I don't want people to get to know	Always	Usually	Many Times	Once In A While			ITEM50 ITEM51 ITEM52 ITEM53
50. 51. 52. 53. 54.	I feel that I am a good person.  When I am upset, I don't know if I am sad, scared or mad.  I have to do things perfectly or not do them at all.  I think about trying to throw up to lose weight.  I don't want people to get to know me too well.  I think that my thighs are just the	Always	Usually	Many Times	Once In A While			ITEM50 ITEM51 ITEM52 ITEM53 ITEM54
50. 51. 52. 53. 54. 55.	I feel that I am a good person.  When I am upset, I don't know if I am sad, scared or mad.  I have to do things perfectly or not do them at all.  I think about trying to throw up to lose weight.  I don't want people to get to know me too well.  I think that my thighs are just the right size.	Always	Usually  2  Usually  2  2  2  2  2  2  2  2  2  2  2  2  2	Many Times	Once In A While			ITEM50 ITEM51 ITEM52 ITEM53 ITEM54 ITEM55
50. 51. 52. 53. 54. 55. 56.	Will keep gaining.  I feel that I am a good person.  When I am upset, I don't know if I am sad, scared or mad.  I have to do things perfectly or not do them at all.  I think about trying to throw up to lose weight.  I don't want people to get to know me too well.  I think that my thighs are just the right size.  I feel empty inside.	Always	Usually	Many Times  , , , , , , , , , , , , , , , , , ,	Once In A While	Never		ITEM50 ITEM51 ITEM52 ITEM53 ITEM54 ITEM55

	Always	Usually	Many <u>Times</u>	Once In A While	Almost <u>Never</u>	Never
I have feelings I can't understand.	$\Box$ ,			$\Box$ .	5	$\Box$ .
I sneak food or drink so people won't know.	□_,			$\Box$ .		$\Box$ .
I think that my hips are just the right size.			□,	$\Box$ .	s	
I want to do very well.	□ ,	$\Box$ ,	$\Box$ ,	$\Box$ .	<sub>6</sub>	$\Box$ .
I worry that I will start eating when I feel upset.	□,		$\Box$ ,	<b>□</b> .	<sub>6</sub>	□.
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-		the of the thermal		asking a boy t	o the right of t	the item
Indicate how strongly you agree or Be as accurate and as honest as yo	u can. Try not to	let your answ	s below by chere to one que	ecking a box t	o the right of t	the item.
Indicate how strongly you agree or Be as accurate and as honest as yo questions. There are no correct or	u can. Try not to	let your answ	s below by cher to one que	ecking a box t stion influence	o the right of t your answers	the item. to other
Be as accurate and as honest as yo	u can. Try not to	let your answ	s below by cherer to one que	ecking a box t stion influence Disagree	o the right of t your answers Strongly Disagree	the item. to other
Be as accurate and as honest as yo	u can. Try not to incorrect answers	let your answ	er to one que	stion influence	your answers Strongly	the item. to other
Be as accurate and as honest as yo questions. There are no correct or in uncertain times, I usually expect the best.	u can. Try not to incorrect answers	let your answ	er to one que	stion influence	your answers Strongly	to other
Be as accurate and as honest as yo questions. There are no correct or in uncertain times, I usually expect the best.  It's easy for me to relax.	Strongly Agree	Agree	Neutral	stion influence	your answers Strongly	LOT1
Be as accurate and as honest as yo questions. There are no correct or in uncertain times, I usually expect the best.  It's easy for me to relax.  If something can go wrong for	Strongly Agree	Agree	Neutral	stion influence	your answers Strongly	LOT1
Be as accurate and as honest as yo questions. There are no correct or in the correct	Strongly Agree	Agree	Neutral  ,	Disagree	your answers Strongly	LOT1 LOT2 LOT3
In uncertain times, I usually expect the best.  It's easy for me to relax.  If something can go wrong for me, it will.  I always look on the bright side of things.  I'm always optimistic about my	Strongly Agree	Agree	Neutral  ,	Disagree	your answers Strongly	LOT1 LOT2 LOT3 LOT4

		Strongly Agree	<u>Agree</u>	Neutral	<u>Disagree</u>	Strongly <u>Disagree</u>	
71	It's important for me to keep busy.	L.,		L	L.,	L s	LOT7
72	I hardly ever expect things to go my way.	□ ,		□,	□.		LOT8
73	Things never work out the way I want them to.	$\Box$ ,		$\Box$ ,	□,		LOT9
74	I don't get upset too easily.	$\Box$ ,	$\Box$ ,	□,	$\Box$ .		LOT10
75	I'm a believer in the idea that every cloud has a silver lining."			□,	□ <b>.</b>	s	LOT11
76	I rarely count on good things happening to me.	$\Box$ ,		$\Box$ ,	$\Box$ .		LOT12

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THANK YOU FOR ANSWERING THESE QUESTIONS.