Appendix C

Final 45-item Version of the EPSI*

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EPSI[©]

0	1	2	3	4
Never	Rarely	Sometimes	Often	<u>Very</u> Often

1.	I did not like how clothes fit the shape of my body	1
2.	I tried to exclude "unhealthy" foods from my diet	2
3.	I ate when I was not hungry	3
4.	People told me that I do not eat very much	4
5.	I felt that I needed to exercise nearly every day	5
6.	People would be surprised if they knew how little I ate	6
7.	I used muscle building supplements	7
8.	I pushed myself extremely hard when I exercised	8
9.	I snacked throughout the evening without realizing it	9
10	. I got full more easily than most people	10
11	. I considered taking diuretics to lose weight	11
12	. I tried on different outfits, because I did not like how I looked	12
13	. I thought laxatives are a good way to lose weight	13
14	. I thought that obese people lack self-control	14
15	. I thought about taking steroids as a way to get more muscular	15
16	. I used diet teas or cleansing teas to lose weight	16
17	. I used diet pills	17
18	. I did not like how my body looked	18
19	. I ate until I was uncomfortably full	19

EPSI[©]

0	1	2	3	4
Never	Rarely	Sometimes	Often	<u>Very</u> Often

20. I felt that overweight people are lazy	20
21. I counted the calories of foods I ate	21
22. I planned my days around exercising	22
23. I thought my butt was too big	23
24. I did not like the size of my thighs	24
25. I wished the shape of my body was different	25
26. I was disgusted by the sight of an overweight person wearing tight clothes	26
27. I made myself vomit in order to lose weight	27
28. I did not notice how much I ate until after I had finished eating	28
29. I considered taking a muscle building supplement	29
30. I felt that overweight people are unattractive	30
31. I engaged in strenuous exercise at least five days per week	31
32. I thought my muscles were too small	32
33. I got full after eating what most people would consider a small amount of food	33
34. I was not satisfied with the size of my hips	34
35. I used protein supplements	35
36. People encouraged me to eat more	36
37. If someone offered me food, I felt that I could not resist eating it	37
38. I was disgusted by the sight of obese people	38
39. I stuffed myself with food to the point of feeling sick EPSI Page 2 of 3	39

FPSI[©]

0	1	2	3	4
Never	Rarely	Sometimes	Often	<u>Very</u> Often

40. I tried to avoid foods with high calorie content	40
41. I exercised to the point of exhaustion	41
42. I used diuretics in order to lose weight	42
43. I skipped two meals in a row	43
44. I ate as if I was on auto-pilot	44
45. I ate a very large amount of food in a short period of time (e.g., within 2 hours)	45

EPSI[©] Scoring

<u>Directions</u>: This page should not be administered to participants/patients. Sum the scores for individual items for each scale (see below).

Body Dissatisfaction

#1, #12, #18, #23, #24, #25, #34

Binge Eating

#3, #9, #19, #28, #37, #39, #44, #45

Cognitive Restraint

#2, #21, #40

Purging

#11, #13, #16, #17, #27, #42

Restricting

#4, #6, #10, #33, #36, #43

Excessive Exercise

#5, #8, #22, #31, #41

Negative Attitudes toward Obesity

#14, #20, #26, #30, #38

Muscle Building

#7, #15, #29, #32, #35