

PSYCHOLOGICAL QUESTIONNAIRE

NAME: _____ DATE: _____

1) Most of the time, I feel positive and upbeat

always true, usually true, sometimes true, rarely true, never true

2) My health is mostly controlled by outside forces

always true, usually true, sometimes true, rarely true, never true

3) I am in control of what happens in my life

always true, usually true, sometimes true, rarely true, never true

4) No matter what I do, things seem to get worse

always true, usually true, sometimes true, rarely true, never true

5) I look to the future with hope and optimism

always true, usually true, sometimes true, rarely true, never true

6) I have no control over my eating

always true, usually true, sometimes true, rarely true, never true

7) I feel unsure about my ability to do things effectively

always true, usually true, sometimes true, rarely true, never true

8) Overall, I am a pretty healthy person

always true, usually true, sometimes true, rarely true, never true

9) I have a lot of major medical problems

always true, usually true, sometimes true, rarely true, never true

10) I feel sick much of the time

always true, usually true, sometimes true, rarely true, never true

11) I feel I am slowing down and not moving as much

always true, usually true, sometimes true, rarely true, never true

12) My physical conditioning is good

always true, usually true, sometimes true, rarely true, never true

13) I often find “shortcuts” to avoid greater activity

always true, usually true, sometimes true, rarely true, never true

14) I am very depressed because of my weight

always true, usually true, sometimes true, rarely true, never true

15) Most of the time, I feel quite good emotionally

always true, usually true, sometimes true, rarely true, never true

16) I think I would be very depressed even if my weight was not a concern

always true, usually true, sometimes true, rarely true, never true

17) I often feel “down” and blue

always true, usually true, sometimes true, rarely true, never true

18) I often feel nervous and “on edge”

always true, usually true, sometimes true, rarely true, never true

19) Because of my weight, I can’t move around or do physical activities

always true, usually true, sometimes true, rarely true, never true

20) Because of my weight I am often embarrassed, self-conscious and unsure of myself

always true, usually true, sometimes true, rarely true, never true

21) Because of my weight I am less productive and get less accomplished

always true, usually true, sometimes true, rarely true, never true

22) I am very close to my family and friends

always true, usually true, sometimes true, rarely true, never true

23) Other people often can’t understand or help with my problems

always true, usually true, sometimes true, rarely true, never true

24) I feel I have very little support from others close to me

always true, usually true, sometimes true, rarely true, never true

25) Feelings of sadness and depression make me want to eat

always true, usually true, sometimes true, rarely true, never true

26) When I am very happy, eating something seems to add to the good feeling

always true, usually true, sometimes true, rarely true, never true

27) I seem to eat more than usual when I feel that things in my life are out of control

always true, usually true, sometimes true, rarely true, never true

28) I often overeat when I’m bored or lonely

always true, usually true, sometimes true, rarely true, never true

29) When I feel nervous and on edge, eating something will help me to relax

always true, usually true, sometimes true, rarely true, never true

30) The fast pace of my life makes me eat the wrong foods at a high speed

always true, usually true, sometimes true, rarely true, never true

31) I frequently overeat at buffets and at holiday meals

always true, usually true, sometimes true, rarely true, never true

32) I am just drawn to the smell and taste of rich, fatty foods

always true, usually true, sometimes true, rarely true, never true

33) I can’t resist sweets

always true, usually true, sometimes true, rarely true, never true

34) Just being around food makes me want to eat, whether I’m hungry or not

always true, usually true, sometimes true, rarely true, never true

35) I have noticed that I often finish meals faster than others

always true, usually true, sometimes true, rarely true, never true

36) I seldom take the time to enjoy and really taste a meal

always true, usually true, sometimes true, rarely true, never true

37) I am currently seeing a mental health professional

YES, NO