

## Appendix A

Table A1

*Homogeneous Item Composites*

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*HICS 1-6 represent various facets of binge eating as defined in the DSM-IV as uncontrollable eating of large amounts of food within a relatively short period of time.*

1. Eating Large amount of Food in Discrete Period of Time
2. Subjective Feeling of Loss of Control Over Eating Episode
3. Eating large amounts of food when not physically hungry
4. Eating much more rapidly than normal
5. Eating alone because of being embarrassed by how much one is eating
6. Mindless eating

*HICS 7-11 represent a pathological dissatisfaction with some aspect of one's weight, shape, or body composition. This group does not include dissatisfaction with facial features or other aspects of dissatisfaction related to body dysmorphic disorder.*

7. Weight Dissatisfaction
8. General Body Shape Dissatisfaction
9. Desire for high muscularity
10. Desire for different proportions
11. Body/Weight Self-Consciousness

*HIC 12 is designed to measure global perceived efforts to diet and limit food intake. HIC 13 is designed to measure concrete food intake behaviors.*

12. Cognitive Food Restraint
13. Fasting/Dietary Restraint

*HICS 14-16 reflect DSM-IV criteria for anorexia nervosa, including a morbid fear of becoming fat or gaining weight and a refusal to maintain a minimally acceptable body weight for one's height. In addition, based on a review of pro-anorexia websites, items that reflect disgust with overweight or obese people (HIC 14) and a preference (both self and other) for extreme thinness (HIC 15) have been added.*

14. Fear of Fatness
15. Disgust of Overweight/Intense Fear of Gaining Weight
16. Obsession with Slimness/Refusal to Maintain "Normal" Body Weight

Table A1. Continued

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*HICS 17 and 18 reflect DSM-IV inappropriate compensatory behaviors and dietary supplement use that are designed to change one's body weight or body composition.*

17. Purging Behavior/Supplement Use/Recurrent Inappropriate Compensatory Behavior

18. Excessive Exercise

*HIC 19 is designed to measure satiety (i.e., an individual's ability to feel full/hungry) and is thought to be important in the development and maintenance of obesity.*

19. Satiety

*HIC 20 reflects obsessive food rituals that frequently result from extreme dietary restriction, as well as behaviors that are performed in an attempt to decrease anxiety about weight gain.*

20. Food/Weight Rituals

Table A2

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*Study 1 Item Pool*

1. I ate a very large amount of food in a short period of time (e.g., within 2 hours)
2. I stuffed myself with food to the point of feeling sick
3. People would have been surprised if they knew how much I ate in one sitting
4. I ate until I was uncomfortably full
5. I ate large amounts of food
6. I ate a lot more than people who are my same sex and height
7. I had a lot of trouble controlling what I ate
8. I felt that I could not control the amount of food I ate
9. Once I started eating, I had trouble stopping
10. If someone offered me food, I felt that I could not resist eating it
11. I could not stop snacking throughout the day
12. I was not able to resist eating second helpings at meals
13. I had trouble keeping away from certain foods
14. I ate when I was not hungry
15. I had a strong urge to eat after seeing a commercial about food
16. If food tasted good, I ate a lot more of it than I should have
17. I ate because other people around me were eating, even though I was not hungry
18. I felt I needed to finish everything on my plate
19. I ate a lot when there was nothing else to do
20. I ate much more rapidly than others
21. People told me that I ate really fast
22. I ate so quickly that I barely could taste my food
23. When I ate with others, I was the first one done eating
24. I made sure to carefully chew each bite of food several times before swallowing
25. Eating felt like a race to me
26. I ate alone because I was embarrassed by how much I was eating
27. I was embarrassed by how much food I ate
28. I hid how much food I ate from others
29. I hid evidence of what I ate (e.g., candy wrappers)
30. I felt like people were judging me because of how much food I was eating

Table A2. Continued

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31. I preferred to eat large meals by myself
32. I ate alone so that others would not know how much I was eating
33. I ate without being aware of how much I was eating
34. I ate as if I was on auto-pilot
35. I found myself snacking without thinking about it
36. I snacked throughout the evening without realizing it
37. I ate an entire bag of chips or cookies without realizing it
38. I did not notice how much I ate until after I had finished eating
39. I ate when I was bored
40. I was not satisfied with my weight
41. I wished I could lose five or more pounds
42. I would have been happier if I lost some weight
43. I felt dissatisfied because I could not reach my target weight
44. I thought that my weight was perfect
45. I thought about my weight so much that it interfered with my life
46. I did not like how my body looked
47. I felt uncomfortable in the clothes I was wearing
48. I thought my body shape was attractive
49. I did not like how clothes fit the shape of my body
50. I wished the shape of my body was different
51. I tried on different outfits, because I did not like how I looked
52. I wished my body was more muscular
53. I would have liked to have less body fat
54. I would have felt more confident if I had greater muscle mass
55. I wished my arms were more muscular
56. I wanted more defined abdominal muscles
57. I wanted a more muscular chest
58. I wished my body was more toned
59. I was not satisfied with the size of my hips
60. I wished I had a smaller waist
61. I did not like the size of my thighs
62. I wanted to be so thin that my thighs would not touch

Table A2. Continued

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- 63. I thought my arms were too fat
- 64. I thought my shoulders were too narrow
- 65. I thought my arms were too thin
- 66. I thought my butt was too big
- 67. I wished my stomach was flatter
- 68. Parts of my body seemed disproportionate
- 69. I looked at my body in mirrors or windows
- 70. I was self-conscious about the way my body looked
- 71. I thought people would reject me because of my weight
- 72. I thought people were looking at me because of my weight
- 73. I avoided looking at my body
- 74. I avoided certain activities because people would see my body
- 75. I did not participate in certain activities because people would notice my weight
- 76. I tried to avoid foods with a high fat content
- 77. I tried to avoid eating between meals
- 78. I was on a diet
- 79. I tried to exclude “unhealthy” foods from my diet
- 80. I thought I should eat less food
- 81. I thought about food or calories
- 82. I tried to avoid foods with high calorie content
- 83. I skipped a meal
- 84. I counted the calories of foods I ate
- 85. I ate at a fast food restaurant
- 86. I ate less than people I was with
- 87. People told me that I do not eat very much
- 88. I snacked
- 89. I went for 8 or more *waking* hours without eating
- 90. I tried to eat as few calories as I could each day
- 91. I ate small portions at meals in order to control my weight
- 92. I finished the food on my plate
- 93. I chose a low-calorie snack
- 94. I was very afraid of gaining weight

Table A2. Continued

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- 95. I was disgusted by the sight of obese people
- 96. I thought to myself that overweight people are unhappy
- 97. I felt that overweight people are lazy
- 98. I thought that obese people lack self-control
- 99. I felt that overweight people are unattractive
- 100. I felt like I would never stop gaining weight
- 101. I was disgusted by the sight of an overweight person wearing tight clothes
- 102. I would have done anything to keep myself from gaining weight
- 103. I thought gaining weight would ruin my life
- 104. I would rather have died than be fat
- 105. I thought gaining weight would make me very unhappy
- 106. I motivated myself by looking at pictures of very thin people
- 107. I wanted to be as thin as possible
- 108. I thought that being underweight is attractive
- 109. I was, or wanted to be, underweight
- 110. I was told that I am too thin
- 111. I enjoyed reading about weight loss tips
- 112. I felt that a person can never be too thin
- 113. I thought about making myself vomit in order to lose weight
- 114. I made myself vomit in order to lose weight
- 115. I thought laxatives are a good way to lose weight
- 116. I used laxatives in order to lose weight
- 117. I thought about taking steroids as a way to get more muscular
- 118. I took weight gainers
- 119. I thought about taking weight gainers
- 120. I tried to eat at least 25 grams of protein per meal
- 121. I tried to eat as many calories as I could each day
- 122. I used muscle building supplements
- 123. I considered taking a muscle building supplement
- 124. I thought about using anti-estrogens to get more muscular
- 125. I used diet pills
- 126. I thought about taking a diet pill so that I could lose weight

Table A2. Continued

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- 127. I used protein supplements
- 128. I used diuretics in order to lose weight
- 129. I considered taking diuretics to lose weight
- 130. I took an enema to lose weight
- 131. I thought about taking an enema to lose weight
- 132. I followed a liquid diet (e.g., juice fast)
- 133. I used diet teas or cleansing teas to lose weight
- 134. I exercised even when I was sick
- 135. I exercised even though I was very tired
- 136. I exercised even when I had an injury
- 137. Other people thought I exercised too much
- 138. I felt guilty when I missed a workout or exercise class
- 139. My exercise schedule interfered with my life
- 140. Sometimes I lost track of how long I was exercising
- 141. I exercised for more than 2 hours at a time
- 142. I got full more easily than most people
- 143. No matter how much I ate, I never seemed to get full
- 144. I got full after eating what most people would consider a small amount of food
- 145. I did not like having a full stomach
- 146. I had a hard time knowing when I was full
- 147. I felt satisfied from eating enough after a meal
- 148. I needed to eat my food in a specific order
- 149. I chewed each bite of my food a specific number of times
- 150. I stirred around the food on my plate to avoid eating it
- 151. I enjoyed cooking for others
- 152. I weighed myself repeatedly during the day
- 153. I needed to have the table set in a specific way or I could not eat
- 154. I did not like it when food touched my lips
- 155. I cut my food into uniform pieces
- 156. I stocked up on food even though I didn't plan to eat it
- 157. I enjoyed collecting and saving recipes

Table A2. Continued

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158. I enjoyed looking at pictures of food

159. I recorded the calories of foods I ate

160. I kept a list of foods I ate each day



Table A3  
*Study 2 Item Pool*

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1. I ate a very large amount of food in a short period of time (e.g., within 2 hours)
2. I stuffed myself with food to the point of feeling sick
3. I ate until I was uncomfortably full
4. If someone offered me food, I felt that I could not resist eating it
5. I could not stop snacking throughout the day
6. I was not able to resist eating second helpings at meals
7. I ate when I was not hungry
8. If food tasted good, I ate a lot more of it than I should have
9. I ate because other people around me were eating, even though I was not hungry
10. I ate as if I was on auto-pilot
11. I snacked throughout the evening without realizing it
12. I ate an entire bag of chips or cookies without realizing it
13. I did not notice how much I ate until after I had finished eating
14. I thought that my weight was perfect
15. I did not like how my body looked
16. I did not like how clothes fit the shape of my body
17. I wished the shape of my body was different
18. I tried on different outfits, because I did not like how I looked
19. I would have felt more confident if I had greater muscle mass
20. I wanted more defined muscles
21. I thought my calves were not muscular enough
22. I exercised to achieve maximal vascularity (i.e., larger veins)
23. I exercised to achieve better muscle separation
24. I measured my muscles
25. I wanted to lift more weight
26. I thought my muscles were too small
27. I was not satisfied with the size of my hips
28. I did not like the size of my thighs
29. I thought my arms were too fat
30. I thought my butt was too big

Table A3. Continued

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31. Parts of my body seemed disproportionate
32. I looked at my body in mirrors or windows
33. I was self-conscious about the way my body looked
34. I tried to avoid foods with a high fat content
35. I tried to avoid eating between meals
36. I tried to exclude “unhealthy” foods from my diet
37. I tried to avoid foods with high calorie content
38. I counted the calories of foods I ate
39. I ate less than people I was with
40. People would be surprised if they knew how little I ate
41. People encouraged me to eat more
42. I purposely ate less than those around me
43. I avoided places where there would be tempting food
44. I chewed gum to avoid eating
45. I drank water to feel full
46. I enjoyed having an empty stomach
47. I could not stand feeling full
48. I intentionally banned specific foods from my diet
49. I followed a strict daily calorie limit
50. I maintained my ideal weight
51. People told me that I do not eat very much
52. I ate small portions at meals in order to control my weight
53. I chose a low-calorie snack
54. I was disgusted by the sight of obese people
55. I felt that overweight people are lazy
56. I thought that obese people lack self-control
57. I felt that overweight people are unattractive
58. I was disgusted by the sight of an overweight person wearing tight clothes
59. I was told that I am too thin
60. I made myself vomit in order to lose weight
61. I thought laxatives are a good way to lose weight
62. I used laxatives in order to lose weight

Table A3. Continued

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- 63. I thought about taking steroids as a way to get more muscular
- 64. I took weight gainers
- 65. I thought about taking weight gainers
- 66. I tried to eat at least 25 grams of protein per meal
- 67. I tried to eat as many calories as I could each day
- 68. I used muscle building supplements
- 69. I considered taking a muscle building supplement
- 70. I used diet pills
- 71. I used protein supplements
- 72. I used diuretics in order to lose weight
- 73. I considered taking diuretics to lose weight
- 74. I used diet teas or cleansing teas to lose weight
- 75. I exercised even though I was very tired
- 76. Other people thought I exercised too much
- 77. I exercised a lot more than most people my age
- 78. I pushed myself extremely hard when I exercised
- 79. I engaged in strenuous exercise at least five days per week
- 80. I exercised to the point of exhaustion
- 81. I exercised until I burned a specific amount of calories
- 82. I planned my days around exercising
- 83. I felt that I needed to exercise nearly every day
- 84. I skipped two meals in a row
- 85. I got full more easily than most people
- 86. I got full after eating what most people would consider a small amount of food
- 87. I recorded the calories of foods I ate
- 88. I kept a list of foods I ate each day

## Appendix B

Table B1

*Final Exploratory Factor Analysis for Study 1 Community Sample*

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
44. I thought that my weight was perfect	BD	<b>-0.48</b>	-0.14	-0.10	0.06	0.10	0.05	0.19	-0.15
46. I did not like how my body looked	BD	<b>0.69</b>	0.11	0.04	0.00	-0.02	-0.02	-0.08	0.22
49. I did not like how clothes fit the shape of my body	BD	<b>0.72</b>	0.11	0.01	-0.01	0.01	-0.03	-0.02	0.14
50. I wished the shape of my body was different	BD	<b>0.70</b>	0.06	-0.01	-0.02	0.05	-0.03	-0.02	0.21
51. I tried on different outfits, because I did not like how I looked	BD	<b>0.63</b>	0.06	0.01	0.02	0.05	0.05	0.14	0.01
59. I was not satisfied with the size of my hips	BD	<b>0.86</b>	-0.05	-0.05	-0.02	0.02	0.03	0.01	-0.11
61. I did not like the size of my thighs	BD	<b>0.93</b>	-0.01	-0.03	0.01	-0.03	0.00	0.02	-0.16
62. I wanted to be so thin that my thighs would not touch	BD	<b>0.75</b>	0.00	0.03	0.02	0.06	0.07	0.03	-0.19
63. I thought my arms were too fat	BD	<b>0.79</b>	0.08	0.02	-0.01	-0.15	-0.05	0.02	-0.09
66. I thought my butt was too big	BD	<b>0.86</b>	-0.06	-0.05	-0.01	0.06	0.04	-0.05	-0.16
68. Parts of my body seemed disproportionate	BD	<b>0.65</b>	0.06	-0.09	0.01	0.01	0.08	0.01	0.16
70. I was self-conscious about the way my body looked	BD	<b>0.72</b>	0.06	0.01	0.08	0.06	0.00	0.01	0.15
1. I ate a very large amount of food in a short period of time (e.g., within 2 hours)	BE	0.02	<b>0.70</b>	0.03	0.07	0.06	-0.13	-0.11	-0.06
2. I stuffed myself with food to the point of feeling sick	BE	0.22	<b>0.58</b>	-0.12	0.18	0.09	-0.06	0.03	-0.11
4. I ate until I was uncomfortably full	BE	0.06	<b>0.71</b>	0.01	0.00	0.03	-0.03	-0.04	-0.16
5. I ate large amounts of food	BE	-0.11	<b>0.72</b>	-0.03	0.06	0.08	0.00	-0.24	-0.06

Table B1. Continued

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
6. I ate a lot more than people who are my same sex and height	BE	0.04	<b>0.65</b>	-0.10	0.06	0.06	0.04	-0.24	-0.10
10. If someone offered me food, I felt that I could not resist eating it	BE	0.03	<b>0.61</b>	0.07	-0.05	0.06	0.03	-0.06	0.06
11. I could not stop snacking throughout the day	BE	0.00	<b>0.62</b>	0.09	-0.04	-0.16	-0.02	0.05	0.10
12. I was not able to resist eating second helpings at meals	BE	-0.09	<b>0.72</b>	0.07	-0.04	0.02	-0.02	-0.09	-0.04
14. I ate when I was not hungry	BE	0.11	<b>0.63</b>	0.09	-0.14	-0.02	-0.04	0.05	-0.07
15. I had a strong urge to eat after seeing a commercial about food	BE	0.03	<b>0.54</b>	-0.09	0.04	-0.01	-0.04	0.18	0.14
16. If food tasted good, I ate a lot more of it than I should have	BE	0.08	<b>0.70</b>	-0.05	-0.05	0.06	-0.08	0.00	0.05
17. I ate because other people around me were eating, even though I was not hungry	BE	0.04	<b>0.60</b>	0.00	-0.17	-0.03	0.06	0.16	-0.01
34. I ate as if I was on auto-pilot	BE	0.07	<b>0.69</b>	0.01	-0.05	-0.08	0.08	-0.01	0.00
36. I snacked throughout the evening without realizing it	BE	0.05	<b>0.67</b>	0.00	-0.10	-0.06	0.00	0.12	0.08
37. I ate an entire bag of chips or cookies without realizing it	BE	-0.03	<b>0.62</b>	-0.06	-0.08	0.01	0.03	0.11	0.13
38. I did not notice how much I ate until after I had finished eating	BE	0.05	<b>0.66</b>	-0.02	-0.08	0.04	0.12	0.10	0.05
143. No matter how much I ate, I never seemed to get full	BE	-0.02	<b>0.51</b>	-0.03	0.06	-0.04	0.13	-0.07	0.04
76. I tried to avoid foods with a high fat content	CFR	0.02	-0.21	<b>0.69</b>	-0.08	0.07	-0.04	-0.03	-0.05
77. I tried to avoid eating between meals	CFR	0.08	-0.10	<b>0.44</b>	-0.12	0.13	0.02	0.06	0.02

Table B1. Continued

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
79. I tried to exclude "unhealthy" foods from my diet	CFR	-0.05	-0.24	<b>0.67</b>	0.06	0.05	0.01	-0.01	-0.05
82. I tried to avoid foods with high calorie content	CFR	0.02	-0.06	<b>0.78</b>	-0.17	0.07	-0.01	-0.02	0.02
84. I counted the calories of foods I ate	DR	-0.04	0.18	<b>0.71</b>	0.07	-0.11	0.04	0.10	0.05
91. I ate small portions at meals in order to control my weight	DR	0.07	0.02	<b>0.60</b>	-0.11	-0.02	-0.01	0.19	0.08
93. I chose a low-calorie snack	DR	0.03	-0.13	<b>0.66</b>	-0.11	-0.05	0.03	0.05	-0.06
138. I felt guilty when I missed a workout or exercise class	EE	0.00	0.15	<b>0.42</b>	0.22	0.09	0.03	0.00	-0.12
159. I recorded the calories of foods I ate	FWR	-0.03	0.24	<b>0.65</b>	0.12	-0.11	0.01	-0.02	0.10
160. I kept a list of foods I ate each day	FWR	0.10	0.21	<b>0.57</b>	0.09	-0.13	-0.02	0.01	0.05
117. I thought about taking steroids as a way to get more muscular	PRG/SU	0.02	0.02	-0.03	<b>0.43</b>	0.00	0.06	0.03	0.24
118. I took weight gainers	PRG/SU	0.07	-0.11	-0.02	<b>0.81</b>	-0.15	0.02	0.05	0.07
119. I thought about taking weight gainers	PRG/SU	0.02	-0.04	-0.06	<b>0.77</b>	-0.11	-0.05	0.18	0.13
120. I tried to eat at least 25 grams of protein per meal	PRG/SU	-0.01	-0.08	0.01	<b>0.55</b>	0.04	-0.01	0.10	0.01
121. I tried to eat as many calories as I could each day	PRG/SU	-0.05	0.08	-0.17	<b>0.59</b>	-0.09	-0.05	0.20	0.06
122. I used muscle building supplements	PRG/SU	0.04	-0.11	0.07	<b>0.88</b>	0.05	-0.02	-0.09	0.02
123. I considered taking a muscle building supplement	PRG/SU	-0.06	-0.02	0.06	<b>0.81</b>	0.05	-0.02	-0.10	0.11
127. I used protein supplements	PRG/SU	0.12	-0.05	0.04	<b>0.72</b>	-0.01	0.06	-0.08	-0.04
95. I was disgusted by the sight of obese people	DO	0.02	-0.04	-0.02	-0.01	<b>0.76</b>	-0.03	0.08	0.02

Table B1. Continued

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
96. I thought to myself that overweight people are unhappy	DO	0.16	0.07	0.08	0.00	<b>0.68</b>	-0.06	0.06	0.01
97. I felt that overweight people are lazy	DO	0.01	0.02	-0.06	0.01	<b>0.77</b>	0.04	0.04	0.08
98. I thought that obese people lack self-control	DO	-0.03	0.01	0.01	-0.06	<b>0.80</b>	0.05	0.00	0.11
99. I felt that overweight people are unattractive	DO	-0.06	0.00	0.08	-0.04	<b>0.77</b>	-0.07	-0.04	0.08
101. I was disgusted by the sight of an overweight person wearing tight clothes	DO	0.04	0.00	-0.06	-0.08	<b>0.73</b>	0.02	0.09	0.10
114. I made myself vomit in order to lose weight	PRG/SU	0.09	0.09	0.03	0.08	0.02	0.32	0.01	-0.14
115. I thought laxatives are a good way to lose weight	PRG/SU	0.00	0.04	0.00	0.00	0.05	<b>0.73</b>	0.00	-0.11
116. I used laxatives in order to lose weight	PRG/SU	-0.03	-0.01	0.04	0.01	-0.01	<b>0.84</b>	-0.05	-0.13
125. I used diet pills	PRG/SU	0.12	0.05	0.04	0.02	0.01	<b>0.48</b>	0.04	0.02
128. I used diuretics in order to lose weight	PRG/SU	-0.03	-0.05	-0.02	0.01	-0.06	<b>0.77</b>	-0.01	0.09
129. I considered taking diuretics to lose weight	PRG/SU	0.06	-0.07	0.00	-0.07	0.08	<b>0.69</b>	0.00	0.12
133. I used diet teas or cleansing teas to lose weight	PRG/SU	0.07	0.05	-0.01	-0.02	-0.13	<b>0.54</b>	0.00	0.11
86. I ate less than people I was with	DR	0.05	-0.13	0.22	-0.05	0.00	-0.07	<b>0.49</b>	-0.08
87. People told me that I do not eat very much	DR	-0.01	0.00	0.07	0.05	0.07	-0.01	<b>0.70</b>	-0.04
110. I was told that I am too thin	FF	-0.23	0.11	-0.18	0.23	0.13	0.10	<b>0.42</b>	-0.07

Table B1. Continued

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
142. I got full more easily than most people	SAT	-0.02	0.03	0.04	0.10	0.04	-0.02	<b>0.76</b>	-0.13
144. I got full after eating what most people would consider a small amount of food	SAT	0.00	-0.03	0.05	0.05	0.04	0.03	<b>0.70</b>	-0.01
54. I would have felt more confident if I had greater muscle mass	DM	0.25	0.01	-0.01	0.13	0.14	-0.02	-0.02	<b>0.56</b>
56. I wanted more defined abdominal muscles	DM	0.26	0.03	0.04	0.10	0.11	0.04	-0.07	<b>0.55</b>
57. I wanted a more muscular chest	DM	-0.19	0.03	-0.03	0.20	0.18	-0.03	-0.14	<b>0.64</b>
58. I wished my body was more toned	DM	<b>0.45</b>	0.05	0.10	0.04	-0.01	0.04	0.01	<b>0.50</b>

Note.  $N=407$  community participants. Promax rotation. BD=Body Dissatisfaction, WC=Weight Control Behaviors, BBS=Bodybuilding Supplements, NA=Negative Attitudes toward Obesity. Factor loadings  $\geq |.40|$  are highlighted in bold. HIC=Homogeneous item composite. DM=Desire for high muscularity, BE=Binge Eating, CFR=Cognitive Food Restraint, DR=Fasting/Dietary Restraint, EE=Excessive Exercise, FWR=Food/Weight Rituals, PRG/SU=Purging Behavior/Supplement Use/Recurrent Inappropriate Compensatory Behavior, DO= Disgust of Obesity, FF=Fear of Fatness, SAT=Satiety.



Table B2

*Final Exploratory Factor Analysis for Study 1 College Student Sample*

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
40. I was not satisfied with my weight	BD	<b>0.87</b>	0.03	-0.02	0.12	-0.04	-0.05	-0.05	0.05
41. I wished I could lose five or more pounds	BD	<b>0.91</b>	-0.04	0.01	-0.05	-0.04	-0.07	-0.14	-0.11
42. I would have been happier if I lost some weight	BD	<b>0.86</b>	0.01	0.03	-0.03	0.02	-0.01	-0.12	-0.03
43. I felt dissatisfied because I could not reach my target weight	BD	<b>0.82</b>	0.05	0.03	0.09	0.02	-0.04	-0.02	0.03
44. I thought that my weight was perfect	BD	<b>-0.80</b>	0.09	0.13	-0.09	0.05	0.09	0.15	-0.05
45. I thought about my weight so much that it interfered with my life	BD	<b>0.54</b>	0.08	0.14	0.04	-0.04	0.20	0.15	0.04
46. I did not like how my body looked	BD	<b>0.84</b>	0.03	-0.06	0.08	0.02	-0.07	-0.03	0.10
47. I felt uncomfortable in the clothes I was wearing	BD	<b>0.75</b>	0.13	0.00	-0.06	-0.04	-0.09	0.03	0.03
48. I thought my body shape was attractive	BD	<b>-0.59</b>	0.03	0.11	-0.09	0.21	0.06	0.10	-0.10
49. I did not like how clothes fit the shape of my body	BD	<b>0.75</b>	0.13	-0.07	-0.05	-0.03	-0.09	0.04	0.03
50. I wished the shape of my body was different	BD	<b>0.83</b>	0.05	-0.10	0.11	-0.05	-0.09	0.00	0.10
51. I tried on different outfits, because I did not like how I looked	BD	<b>0.62</b>	0.13	0.02	-0.08	-0.03	-0.02	0.12	0.01
59. I was not satisfied with the size of my hips	BD	<b>0.76</b>	-0.03	-0.11	0.03	-0.06	0.00	0.07	-0.03

Table B2. Continued

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
60. I wished I had a smaller waist	BD	<b>0.88</b>	-0.05	-0.04	-0.05	-0.03	-0.03	-0.06	-0.12
61. I did not like the size of my thighs	BD	<b>0.67</b>	0.02	-0.14	-0.04	-0.06	0.03	0.17	-0.11
63. I thought my arms were too fat	BD	<b>0.68</b>	0.05	-0.03	-0.10	-0.01	0.09	-0.01	-0.08
66. I thought my butt was too big	BD	<b>0.47</b>	-0.01	-0.02	-0.05	-0.09	0.09	0.06	0.05
67. I wished my stomach was flatter	BD	<b>0.79</b>	-0.01	0.03	-0.09	0.03	-0.08	-0.07	-0.03
68. Parts of my body seemed disproportionate	BD	<b>0.61</b>	0.11	-0.06	0.07	-0.03	0.06	0.10	-0.01
69. I looked at my body in mirrors or windows	BD	<b>0.51</b>	0.02	0.02	0.06	0.13	-0.03	0.14	0.00
70. I was self-conscious about the way my body looked	BD	<b>0.74</b>	0.06	-0.05	0.05	0.05	-0.01	0.10	0.16
73. I avoided looking at my body	BD	<b>0.57</b>	0.11	-0.08	0.00	-0.04	0.13	0.02	0.07
74. I avoided certain activities because people would see my body	BD	<b>0.61</b>	0.11	-0.09	0.03	0.07	0.15	-0.03	0.04
81. I thought about food or calories	CFR	<b>0.62</b>	-0.04	0.24	0.06	0.09	-0.08	-0.01	0.06
82. I tried to avoid foods with high calorie content	CFR	<b>0.63</b>	-0.13	0.28	-0.05	0.10	-0.08	0.02	0.00
94. I was very afraid of gaining weight	FF	<b>0.75</b>	-0.03	0.10	-0.07	0.09	0.07	0.05	-0.05
100. I felt like I would never stop gaining weight	FF	<b>0.58</b>	0.13	0.02	-0.13	0.07	0.15	-0.09	-0.02
102. I would have done anything to keep myself from gaining weight	FF	<b>0.52</b>	-0.07	0.12	-0.14	0.19	0.25	0.05	0.01
103. I thought gaining weight would ruin my life	FF	<b>0.43</b>	0.03	0.12	-0.11	0.22	0.20	0.08	-0.01

Table B2. Continued

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
106. I motivated myself by looking at pictures of very thin people	FF	<b>0.55</b>	-0.01	0.15	-0.01	-0.02	0.18	0.06	0.00
107. I wanted to be as thin as possible	FF	<b>0.61</b>	-0.01	0.08	-0.08	-0.04	0.18	0.06	0.04
1. I ate a very large amount of food in a short period of time (e.g., within 2 hours)	BE	-0.09	<b>0.58</b>	0.16	0.03	0.02	0.03	-0.23	-0.01
2. I stuffed myself with food to the point of feeling sick	BE	0.00	<b>0.58</b>	0.06	-0.03	0.09	0.06	-0.13	0.01
3. People would have been surprised if they knew how much I ate in one sitting	BE	-0.23	<b>0.57</b>	0.13	0.00	0.04	0.08	-0.24	0.12
4. I ate until I was uncomfortably full	BE	0.13	<b>0.53</b>	0.02	0.05	0.02	0.01	-0.14	0.03
10. If someone offered me food, I felt that I could not resist eating it	BE	0.07	<b>0.64</b>	0.02	0.05	0.11	-0.05	0.02	-0.06
11. I could not stop snacking throughout the day	BE	0.01	<b>0.64</b>	0.01	-0.01	0.00	-0.15	0.12	0.03
12. I was not able to resist eating second helpings at meals	BE	-0.01	<b>0.60</b>	0.05	0.02	0.08	-0.08	-0.13	0.03
14. I ate when I was not hungry	BE	0.18	<b>0.61</b>	-0.04	-0.08	-0.10	-0.12	0.06	-0.08
15. I had a strong urge to eat after seeing a commercial about food	BE	-0.07	<b>0.51</b>	-0.04	0.02	0.07	-0.07	0.13	0.01
16. If food tasted good, I ate a lot more of it than I should have	BE	-0.01	<b>0.71</b>	0.03	-0.08	0.12	-0.09	-0.05	-0.01
17. I ate because other people around me were eating, even though I was not hungry	BE	0.12	<b>0.65</b>	0.02	-0.02	0.06	-0.06	0.14	-0.04

Table B2. Continued

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
19. I ate a lot when there was nothing else to do	BE	0.06	<b>0.76</b>	-0.01	0.00	0.00	-0.07	0.05	-0.01
33. I ate without being aware of how much I was eating	BE	0.16	<b>0.54</b>	0.00	0.04	-0.01	0.10	-0.07	-0.05
34. I ate as if I was on auto-pilot	BE	0.04	<b>0.58</b>	-0.02	0.03	0.02	0.16	-0.17	0.05
35. I found myself snacking without thinking about it	BE	0.11	<b>0.67</b>	-0.01	-0.01	-0.10	-0.01	0.14	-0.04
36. I snacked throughout the evening without realizing it	BE	0.13	<b>0.59</b>	-0.06	0.10	-0.04	0.09	0.09	-0.12
37. I ate an entire bag of chips or cookies without realizing it	BE	0.05	<b>0.54</b>	-0.03	0.02	-0.10	0.18	-0.03	0.03
38. I did not notice how much I ate until after I had finished eating	BE	0.11	<b>0.63</b>	0.01	-0.01	-0.03	0.12	-0.11	0.04
39. I ate when I was bored	BE	0.14	<b>0.68</b>	-0.03	-0.04	-0.10	-0.11	0.13	-0.04
134. I exercised even when I was sick	EE	0.04	0.00	<b>0.79</b>	0.06	-0.04	-0.07	0.04	-0.05
135. I exercised even though I was very tired	EE	0.10	-0.01	<b>0.81</b>	0.01	-0.07	-0.11	0.00	0.06
136. I exercised even when I had an injury	EE	-0.02	0.10	<b>0.73</b>	0.07	-0.07	-0.01	0.05	-0.02
137. Other people thought I exercised too much	EE	-0.04	0.03	<b>0.74</b>	-0.02	-0.06	0.02	0.10	-0.04
139. My exercise schedule interfered with my life	EE	0.07	0.16	<b>0.58</b>	0.14	-0.01	0.10	0.01	-0.05
140. Sometimes I lost track of how long I was exercising	EE	-0.04	-0.02	<b>0.71</b>	0.00	-0.08	-0.05	0.09	0.06
141. I exercised for more than 2 hours at a time	EE	-0.18	0.03	<b>0.71</b>	-0.07	-0.04	0.02	0.02	0.03

Table B2. Continued

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
117. I thought about taking steroids as a way to get more muscular	PRG/SU	0.01	0.02	-0.02	<b>0.53</b>	-0.03	0.10	0.00	-0.01
118. I took weight gainers	PRG/SU	0.04	-0.01	-0.08	<b>0.79</b>	-0.05	0.08	0.08	-0.11
119. I thought about taking weight gainers	PRG/SU	-0.06	0.03	-0.12	<b>0.80</b>	-0.06	0.04	0.14	0.03
120. I tried to eat at least 25 grams of protein per meal	PRG/SU	0.01	-0.01	0.16	<b>0.67</b>	0.06	-0.03	-0.01	-0.03
121. I tried to eat as many calories as I could each day	PRG/SU	-0.16	0.13	-0.05	<b>0.55</b>	-0.02	-0.02	0.15	0.09
122. I used muscle building supplements	PRG/SU	0.04	-0.07	0.09	<b>0.84</b>	0.07	-0.01	-0.11	-0.03
123. I considered taking a muscle building supplement	PRG/SU	-0.04	-0.01	0.08	<b>0.76</b>	0.08	-0.02	-0.08	0.06
127. I used protein supplements	PRG/SU	0.02	-0.03	0.15	<b>0.76</b>	0.06	0.03	-0.08	-0.02
95. I was disgusted by the sight of obese people	DO	0.08	0.05	-0.08	0.02	<b>0.73</b>	-0.07	0.11	-0.02
97. I felt that overweight people are lazy	DO	-0.03	0.00	-0.03	0.05	<b>0.77</b>	-0.02	0.05	-0.02
98. I thought that obese people lack self-control	DO	0.00	0.03	-0.11	0.05	<b>0.83</b>	-0.06	0.00	-0.03
99. I felt that overweight people are unattractive	DO	-0.03	0.02	-0.08	0.05	<b>0.69</b>	0.02	-0.05	0.10
101. I was disgusted by the sight of an overweight person wearing tight clothes	DO	-0.05	0.07	-0.09	-0.07	<b>0.68</b>	0.01	0.09	0.01
114. I made myself vomit in order to lose weight	PRG/SU	0.02	0.03	0.00	-0.01	-0.02	<b>0.60</b>	-0.03	0.08

Table B2. Continued

Item	HIC	BD	Binge	WC	BBS	NA	Purging	Restricting	Muscularity
115. I thought laxatives are a good way to lose weight	PRG/SU	0.19	-0.01	-0.08	0.05	0.00	<b>0.66</b>	-0.01	-0.01
116. I used laxatives in order to lose weight	PRG/SU	0.05	-0.07	-0.07	0.13	-0.07	<b>0.73</b>	0.10	-0.05
86. I ate less than people I was with	DR	0.26	-0.21	0.10	0.08	0.05	-0.07	<b>0.50</b>	0.03
87. People told me that I do not eat very much	DR	0.14	-0.07	0.05	0.05	0.04	0.06	<b>0.68</b>	0.00
110. I was told that I am too thin	DR	-0.33	0.20	-0.03	-0.03	-0.08	0.05	<b>0.49</b>	0.32
142. I got full more easily than most people	SAT	0.00	-0.08	0.10	-0.02	0.10	0.01	<b>0.73</b>	0.01
144. I got full after eating what most people would consider a small amount of food	SAT	-0.02	-0.05	0.07	0.00	0.04	0.03	<b>0.75</b>	-0.06
52. I wished my body was more muscular	DM	0.17	-0.10	0.00	-0.03	0.01	0.03	-0.02	<b>0.81</b>
54. I would have felt more confident if I had greater muscle mass	DM	0.15	-0.06	0.04	0.00	0.02	0.00	-0.02	<b>0.81</b>
55. I wished my arms were more muscular	DM	0.12	-0.03	0.04	-0.07	0.03	0.00	-0.01	<b>0.81</b>
65. I thought my arms were too thin	DM	-0.22	0.15	-0.10	0.11	-0.03	-0.04	0.19	<b>0.55</b>

Note.  $N=433$  college students. Promax rotation. BD=Body Dissatisfaction, WC=Weight Control Behaviors, BBS=Bodybuilding Supplements, NA= Negative Attitudes toward Obesity. Factor loadings  $\geq |.40|$  are highlighted in bold. HIC=Homogeneous item composite. DM=Desire for high muscularity, BE=Binge Eating, CFR=Cognitive Food Restraint, DR=Fasting/Dietary Restraint, EE=Excessive Exercise, FWR=Food/Weight Rituals, PRG/SU=Purging Behavior/Supplement Use/Recurrent Inappropriate Compensatory Behavior, DO= Disgust of Obesity, FF=Fear of Fatness, SAT=Satiety.

Table B3  
*Final Exploratory Factor Analysis for Study 3 Eating Disorder Patients*

Item	Body Dissatisfaction	Binge Eating	Cognitive Restraint	Purging	Restricting	Excessive Exercise	Negative Attitudes toward Obesity	Muscle Building
15. I did not like how my body looked	<b>.78</b>	-.08	.01	-.02	.02	-.08	-.05	.13
16. I did not like how clothes fit the shape of my body	<b>.85</b>	-.03	.00	-.03	.06	-.03	-.13	.15
17. I wished the shape of my body was different	<b>.86</b>	.03	.00	-.08	.11	-.04	-.04	.08
18. I tried on different outfits, because I did not like how I looked	<b>.61</b>	.16	.04	.06	.09	.08	.04	.01
27. I was not satisfied with the size of my hips	<b>.66</b>	.02	.12	.03	-.10	.03	-.01	-.17
28. I did not like the size of my thighs	<b>.66</b>	-.03	.04	.12	-.05	.01	.09	-.11
30. I thought my butt was too big	<b>.57</b>	-.04	.10	.15	-.11	.09	.11	-.14
1. I ate a very large amount of food in a short period of time (e.g., within 2 hours)	-.11	<b>.92</b>	.11	.01	.04	-.05	.01	.06
2. I stuffed myself with food to the point of feeling sick	-.13	<b>.95</b>	.10	.00	.09	-.06	-.03	.09
3. I ate until I was uncomfortably full	-.06	<b>.89</b>	.06	.01	.04	-.11	.00	.09
4. If someone offered me food, I felt that I could not resist eating it	.06	<b>.67</b>	-.11	.00	-.15	.09	.03	.05
7. I ate when I was not hungry	.06	<b>.68</b>	-.08	-.07	-.27	-.01	.02	.03
10. I ate as if I was on auto-pilot	.08	<b>.69</b>	.07	-.05	-.19	-.04	.05	.00
11. I snacked throughout the evening without realizing it	.02	<b>.59</b>	-.10	-.04	-.24	.10	-.02	-.12

Table B3. Continued

Item	Body Dissatisfaction	Binge Eating	Cognitive Restraint	Purging	Restricting	Excessive Exercise	Negative Attitudes toward Obesity	Muscle Building
13. I did not notice how much I ate until after I had finished eating	.07	<b>.79</b>	-.14	-.03	.07	.10	-.09	-.10
60. I made myself vomit in order to lose weight	.09	<b>.59</b>	-.01	.28	.13	.00	.01	-.10
36. I tried to exclude "unhealthy" foods from my diet	.16	.06	<b>.81</b>	-.08	.04	.02	.05	.03
37. I tried to avoid foods with high calorie content	.06	-.02	<b>.87</b>	-.03	-.03	.06	.06	-.01
38. I counted the calories of foods I ate	-.01	-.07	<b>.68</b>	.15	.11	.12	-.08	-.03
61. I thought laxatives are a good way to lose weight	-.02	.16	.04	<b>.65</b>	.06	.01	.03	-.17
70. I used diet pills	.00	.02	-.05	<b>.71</b>	-.05	-.02	.02	.10
72. I used diuretics in order to lose weight	.02	-.07	-.06	<b>.85</b>	-.03	-.06	-.01	.03
73. I considered taking diuretics to lose weight	.06	.00	.03	<b>.84</b>	.01	-.02	-.07	-.01
74. I used diet or cleansing teas to lose weight	.02	-.10	.03	<b>.71</b>	-.06	.05	.00	.21
40. People would be surprised if they knew how little I ate	-.02	-.05	.16	-.02	<b>.69</b>	.03	-.03	-.05
41. People encouraged me to eat more	.03	-.12	.09	-.13	<b>.70</b>	.00	-.07	.08
51. People told me that I do not eat very much	-.13	-.22	.01	.06	<b>.65</b>	.13	-.02	.05
84. I skipped two meals in a row	.04	.24	-.08	.24	<b>.63</b>	.08	.01	-.05



Table B3. Continued

Item	Body Dissatisfaction	Binge Eating	Cognitive Restraint	Purging	Restricting	Excessive Exercise	Negative Attitudes toward Obesity	Muscle Building
85. I got full more easily than most people	.11	-.20	-.14	-.05	<b>.77</b>	-.11	.11	-.08
86. I got full after eating what most people would consider a small amount of food	.04	-.13	-.09	-.07	<b>.83</b>	-.02	.06	-.02
78. I pushed myself extremely hard when I exercised	.05	.00	-.07	.05	-.01	<b>.90</b>	.06	.00
79. I engaged in strenuous exercise at least five days per week	-.02	-.01	.01	.04	.03	<b>.92</b>	-.04	.01
80. I exercised to the point of exhaustion	.00	-.01	-.05	.04	.03	<b>.91</b>	.04	-.01
82. I planned my days around exercising	-.01	.02	.04	-.10	-.01	<b>.89</b>	-.01	.04
83. I felt that I needed to exercise nearly every day	-.03	-.02	.18	-.08	.00	<b>.82</b>	-.04	.02
54. I was disgusted by the sight of obese people	.00	-.09	-.01	.00	-.02	.01	<b>.90</b>	.01
55. I felt that overweight people are lazy	-.03	.07	.01	-.04	.01	.09	<b>.89</b>	.00
56. I thought that overweight people lack self-control	-.02	-.02	.02	-.02	.01	-.04	<b>.92</b>	-.05
57. I felt that overweight people are unattractive	.03	.02	.08	-.01	-.03	-.05	<b>.88</b>	.10

Table B3. Continued

Item	Body Dissatisfaction	Binge Eating	Cognitive Restraint	Purging	Restricting	Excessive Exercise	Negative Attitudes toward Obesity	Muscle Building
58. I was disgusted by the sight of an overweight person wearing tight clothes	-.02	-.01	-.05	.06	.09	.00	<b>.84</b>	.01
26. I thought my muscles were too small	.17	.19	-.17	-.17	.21	.09	.04	.23
63. I thought about taking steroids as a way to get more muscular	-.15	.01	<b>-.32</b>	.07	.21	.02	.00	.07
68. I used muscle building supplements	-.03	-.06	.07	.03	-.06	.03	-.02	<b>.84</b>
69. I considered taking a muscle building supplement	.06	-.02	-.12	.05	-.05	.06	.04	<b>.82</b>
71. I used protein supplements	-.02	.10	.02	.10	.04	-.05	.05	<b>.69</b>

Note.  $N=158$  patients with eating disorders. Promax rotation. Factor loadings  $\geq |.30|$  are in bold text.

Table B4  
*Final Exploratory Factor Analysis for Study 3 General Psychiatric Outpatients*

Item	Body Dissatisfaction	Binge Eating	Cognitive Restraint	Purging	Restricting	Excessive Exercise	Negative Attitudes toward Obesity	Muscle Building
15. I did not like how my body looked	<b>.86</b>	-.08	-.05	-.04	-.10	-.06	.08	.12
16. I did not like how clothes fit the shape of my body	<b>.84</b>	.06	.01	-.03	.00	-.11	-.02	.12
17. I wished the shape of my body was different	<b>.83</b>	.04	.00	-.07	-.03	-.06	-.03	.17
18. I tried on different outfits, because I did not like how I looked	<b>.44</b>	.11	.02	.11	.14	-.02	-.04	.02
27. I was not satisfied with the size of my hips	<b>.69</b>	-.02	.02	.08	.11	.11	.02	-.22
28. I did not like the size of my thighs	<b>.71</b>	.05	.02	.05	.10	.07	.01	-.19
30. I thought my butt was too big	<b>.55</b>	.17	.05	.03	.00	.10	-.05	-.17
1. I ate a very large amount of food in a short period of time (e.g., within 2 hours)	-.01	<b>.76</b>	-.05	.01	-.03	-.01	-.02	.09
2. I stuffed myself with food to the point of feeling sick	-.05	<b>.82</b>	-.01	.01	.06	-.02	.00	.08
3. I ate until I was uncomfortably full	.06	<b>.68</b>	-.03	.11	-.05	.02	-.04	-.03
4. If someone offered me food, I felt that I could not resist eating it	.04	<b>.64</b>	-.05	.00	.00	.05	.08	-.02
7. I ate when I was not hungry	.13	<b>.63</b>	.03	-.02	-.12	.07	-.03	-.10
10. I ate as if I was on auto-pilot	.15	<b>.64</b>	.03	-.07	-.21	-.03	.01	.04

Table B3. Continued

Item	Body Dissatisfaction	Binge Eating	Cognitive Restraint	Purging	Restricting	Excessive Exercise	Negative Attitudes toward Obesity	Muscle Building
11. I snacked throughout the evening without realizing it	.01	<b>.71</b>	-.02	-.09	-.01	-.03	.00	.01
13. I did not notice how much I ate until after I had finished eating	-.01	<b>.61</b>	.05	.04	.10	-.08	.11	-.03
36. I tried to exclude "unhealthy" foods from my diet	-.05	.06	<b>.82</b>	-.03	.02	.00	-.03	.06
37. I tried to avoid foods with high calorie content	.02	-.03	<b>.83</b>	.00	-.05	.03	.04	-.05
38. I counted the calories of foods I ate	.10	-.09	<b>.52</b>	.13	-.03	.07	-.07	.05
60. I made myself vomit in order to lose weight	-.07	.26	.09	<b>.36</b>	.16	.03	-.04	-.08
61. I thought laxatives are a good way to lose weight	-.01	.22	.17	<b>.37</b>	.16	-.06	.08	.02
70. I used diet pills	.06	.04	.00	<b>.67</b>	-.07	.01	-.09	.08
72. I used diuretics in order to lose weight	-.04	-.06	-.06	<b>.90</b>	-.07	-.04	.00	.04
73. I considered taking diuretics to lose weight	.08	.00	-.05	<b>.79</b>	.00	.00	.05	-.07
74. I used diet or cleansing teas to lose weight	.01	-.12	.08	<b>.68</b>	-.06	-.02	.03	.10
40. People would be surprised if they knew how little I ate	.06	-.02	-.04	.06	<b>.62</b>	-.01	-.08	-.04

Table B4. Continued

Item	Body Dissatisfaction	Binge Eating	Cognitive Restraint	Purging	Restricting	Excessive Exercise	Negative Attitudes toward Obesity	Muscle Building
41. People encouraged me to eat more	-.07	.08	-.04	-.02	<b>.58</b>	-.04	-.02	.15
51. People told me that I do not eat very much	-.05	.07	-.04	-.07	<b>.74</b>	.01	-.01	.07
84. I skipped two meals in a row	.08	.00	-.07	.15	<b>.44</b>	.06	.00	.11
85. I got full more easily than most people	.08	-.14	.08	-.06	<b>.75</b>	-.03	.02	-.01
86. I got full after eating what most people would consider a small amount of food	.08	-.17	.02	-.07	<b>.75</b>	-.01	.05	-.01
78. I pushed myself extremely hard when I exercised	.01	.01	-.04	.00	.03	<b>.78</b>	.01	.11
79. I engaged in strenuous exercise at least five days per week	-.06	.02	.04	-.08	-.01	<b>.81</b>	-.08	.03
80. I exercised to the point of exhaustion	.00	.02	-.13	.06	.09	<b>.81</b>	.01	.01
82. I planned my days around exercising	-.01	-.08	.11	-.04	-.08	<b>.71</b>	.06	.04
83. I felt that I needed to exercise nearly every day	.06	.00	.15	.00	-.07	<b>.62</b>	.05	.02
54. I was disgusted by the sight of obese people	.07	.02	.05	-.03	.06	-.07	<b>.77</b>	.03
55. I felt that overweight people are lazy	-.11	.06	.06	-.01	.01	-.03	<b>.82</b>	.01

Table B4. Continued

Item	Body Dissatisfaction	Binge Eating	Cognitive Restraint	Purging	Restricting	Excessive Exercise	Negative Attitudes toward Obesity	Muscle Building
56. I thought that overweight people lack self-control	-.09	.07	-.05	.06	.02	.09	<b>.78</b>	-.11
57. I felt that overweight people are unattractive	.06	-.06	-.02	-.05	-.14	.01	<b>.75</b>	.04
58. I was disgusted by the sight of an overweight person wearing tight clothes	.07	-.01	-.10	.03	.02	.04	<b>.66</b>	.07
26. I thought my muscles were too small	.11	.10	-.06	.01	.04	.16	.01	<b>.43</b>
63. I thought about taking steroids as a way to get more muscular	-.16	.19	.03	.08	.15	.02	-.02	<b>.52</b>
68. I used muscle building supplements	-.03	.02	.06	-.03	.06	.03	-.01	<b>.79</b>
69. I considered taking a muscle building supplement	.04	-.07	-.03	.00	-.02	.05	-.02	<b>.85</b>
71. I used protein supplements	.01	-.12	.06	.09	.02	.03	.09	<b>.59</b>

*N*=308 general psychiatric outpatients. Promax rotation. Factor loadings  $\geq |.30|$  are in bold text.

*Appendix C*

**Final 45-item Version of the EPSI**

## EPSI®

Below is a list of experiences and problems that people sometimes have. Read each item to determine how well it describes your recent experiences. Then select the option that best describes **how frequently** each statement applied to you **during the past four weeks, including today**. Use this scale when answering:

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

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®

Below is a list of experiences and problems that people sometimes have. Read each item to determine how well it describes your recent experiences. Then select the option that best describes **how frequently** each statement applied to you **during the past four weeks, including today**. Use this scale when answering:

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

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 39.\_\_\_\_\_

## EPSI<sup>®</sup>

Below is a list of experiences and problems that people sometimes have. Read each item to determine how well it describes your recent experiences. Then select the option that best describes **how frequently** each statement applied to you **during the past four weeks, including today**. Use this scale when answering:

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<sup>®</sup> Scoring

Directions: 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