

Appendix C

Final 45-item Version of the EPSI*

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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. _____

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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. _____

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

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

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