

My First Instrument

Record ID

What is your age?

Do you identify as:

- Male
- Female
- Transgender/Intersex/Other

What is your height?

What is your weight?

What is your waist circumference?

What is your postcode?

In your opinion, do you think you are:

- Underweight
- Healthy Weight
- Overweight
- Obese

Are you a health professional?

- Yes
- No

How would you describe your employment status?

- Employed Full time
- Employed Part time
- Unemployed
- Student
- Retired
- Home duties

What is the highest level of education that you have completed?

- Partial secondary school
- Secondary school
- TAFE or trade school
- University

Has a doctor ever recommended that you lose weight?

- Yes
- No

In your opinion, should a doctor have recommended that you lose weight?

- Yes
- No
- In the past, but not now

If a doctor needed to speak with you about you needing to lose weight, how acceptable would you find each of these words or phrases?

Weight

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

Body mass index (BMI)

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
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- I would prefer to use this word/phrase to discuss my weight.

Unhealthy body weight

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
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- I would prefer to use this word/phrase to discuss my weight.

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- I would prefer to use this word/phrase to discuss my weight.

Obesity or Obese

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

Weight problem

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

Large size

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

Excess fat

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

Fatness or Fat

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

Overweight Status or Overweight

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

Your weight may be damaging your health

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

You are overweight

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

You need to lose some weight

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

You are suffering from obesity

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

You are obese

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

You are heavier than you should be

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

You are an unhealthy weight

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

You are too fat

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

You are above your healthy weight range

- I would feel very upset or uncomfortable using this word/phrase to discuss my weight.
- I would feel mildly upset or uncomfortable using this word/phrase to discuss my weight.
- This word/phrase does not have an effect on me.
- I would feel comfortable using this word/phrase to discuss my weight.
- I would prefer to use this word/phrase to discuss my weight.

Comments:

Female body silhouettes

[Attachment: "Figure-1-Womens-BSG-images-weight-classifications-and-perceptions-by-respondents.png"]

Male body silhouettes

[Attachment: "Figure-2-Mens-BSG-images-weight-classifications-and-perceptions-by-respondents-Weight.png"]

In your opinion, which silhouette best matches your body?

- A
- B
- C
- D
- E
- F
- G
- H
- I
- J

In your opinion, which silhouettes are underweight?

- A
- B and below
- C and below
- D and below
- E and below
- F and below
- G and below
- H and below
- I and below
- J and below

In your opinion, which silhouettes are healthy weight?

- A
- B
- C
- D
- E
- F
- G
- H
- I
- J

In your opinion, which silhouettes are overweight?

- A
- B and above
- C and above
- D and above
- E and above
- F and above
- G and above
- H and above
- I and above
- J and above

In your opinion, which silhouettes are obese?

- A
- B and above
- C and above
- D and above
- E and above
- F and above
- G and above
- H and above
- I and above
- J and above