

BAOP: Beliefs About Obese Persons Scale

Please mark each statement below in the left margin, according to how much you agree or disagree with it. Please do not leave any blank. Use the numbers on the following scale to indicate your response. Be sure to place a minus or plus sign (- or +) beside the number that you choose to show whether you agree or disagree.

-3	-2	-1	+1	+2	+3
I strongly disagree	I moderately disagree	I slightly disagree	I slightly agree	I moderately agree	I strongly agree

1. _____ Obesity often occurs when eating is used as a form of compensation for lack of love or attention.
2. _____ In many cases, obesity is the result of a biological disorder.
3. _____ Obesity is usually caused by overeating.
4. _____ Most obese people cause their problem by not getting enough exercise.
5. _____ Most obese people eat more than nonobese people.
6. _____ The majority of obese people have poor eating habits that lead to their obesity.
7. _____ Obesity is rarely caused by a lack of willpower.
8. _____ People can be addicted to food, just as others are addicted to drugs, and these people usually become obese.

Allison, D.B., Basile, V.C., & Yunker, H. E. (1991). The measurement of attitudes toward and beliefs about obese persons. *International Journal of Eating Disorders, 10*, 599-607.