

## Scoring instructions for the Attitudes Toward Obese Persons scale (ATOP)

**Step 1:** Multiply the response to the following items by -1 (i.e., reverse the direction of scoring):

- Item 2 through Item 6, Item 10 through Item 12, Item 14 through Item 16, Item 19 and Item 20

**Step 2:** Add up the responses to all items.

**Step 3:** Add 60 to the value obtained in Step 2. This value is the ATOP score. Higher numbers indicate more positive attitudes.

## Scoring instructions for the Beliefs About Obese Persons scale (BAOP)

**Step 1:** Multiply the response to the following items by -1 (i.e., reverse the direction of scoring):

- Item 1, Items 3 through Item 6, Item 8

**Step 2:** Sum the responses to all items.

**Step 3:** Add 24 to the value obtained in Step 2. This value is the BAOP score. Higher numbers indicate a stronger belief that obesity is not under the obese person's control.

These measures and additional psychometric information can be found in the following reference:

Allison, DB. *Handbook of Assessment Methods for Eating Behaviors and Weight-Related Problems. Measures, Theory, and Research*. Thousand Oaks, CA: Sage Publications.

