Fat Phobia Scale

Listed below are 14 pairs of adjectives sometimes used to describe obese or fat people. For each adjective pair, please place an X on the line closest to the adjective that you feel best describes your feelings and beliefs.

1. lazy ______ ______ ______ ______ ______ industrious
   5 4 3 2 1
2. no will power ______ ______ ______ ______ ______ has will power
   5 4 3 2 1
3. attractive ______ ______ ______ ______ ______ unattractive
   5 4 3 2 1
4. good self-control ______ ______ ______ ______ ______ poor self-control
   5 4 3 2 1
5. fast ______ ______ ______ ______ ______ slow
   5 4 3 2 1
6. having endurance ______ ______ ______ ______ ______ having no endurance
   5 4 3 2 1
7. active ______ ______ ______ ______ ______ inactive
   5 4 3 2 1
8. weak ______ ______ ______ ______ ______ strong
   5 4 3 2 1
9. self-indulgent ______ ______ ______ ______ ______ self-sacrificing
   5 4 3 2 1
10. dislikes food ______ ______ ______ ______ ______ likes food
    5 4 3 2 1
11. shapeless ______ ______ ______ ______ ______ shapely
    5 4 3 2 1
12. undereats ______ ______ ______ ______ ______ overeats
    5 4 3 2 1
13. insecure ______ ______ ______ ______ ______ secure
    5 4 3 2 1
14. low self-esteem ______ ______ ______ ______ ______ high self-esteem
    5 4 3 2 1
Scoring

1) For items 3, 4, 5, 6, 7, 10, and 12: score as 1 2 3 4 5
2) For items 1, 2, 8, 9, 11, 13, and 14: score as 5 4 3 2 1
3) Add up the score for each item to get the total score. Then divide by 14 (or the number of items answered, whichever is less). The range of scores is 1 – 5. High scores = more “fat phobia”. Low scores = less “fat phobia”.

For more information on the Fat Phobia Scale (short form):