

LOSE FOR LIFE Diet Readiness Behavioral Questionnaire

For each question, circle the answer that best describes how you feel.

Section 1: Goals and Attitudes

1. Compared to previous attempts, how motivated to lose weight are you at this time?

1 Not At All Motivated 2 Slightly Motivated 3 Somewhat Motivated 4 Quite Motivated 5 Extremely Motivated

2. How certain are you that you will stay committed to a weight loss program for the time it will take for you to reach your goal?

1 Not At All Certain 2 Slightly Certain 3 Somewhat Certain 4 Quite Certain 5 Extremely Certain

3. Consider all outside factors at this time in your life (the stress you're feeling at work, you family obligations, etc.) To what extent can you tolerate the effort required to stick to a diet?

1 Cannot Tolerate 2 Can Tolerate Somewhat 3 Uncertain 4 Can Tolerate well 5 Can Tolerate Easily

4. Think honestly about how much weight you hope to lose and how quickly you hope to lose it. Figuring a weight loss of 2-4 pounds/week, how realistic is your expectation?

1 Very Unrealistic 2 Somewhat Unrealistic 3 Moderately Unrealistic 4 Somewhat Realistic 5 Very Realistic

5. While dieting, do you fantasize about eating a lot of your favorite foods?

1 Always 2 Frequently 3 Occasionally 4 Rarely 5 Never

6. While dieting, do you feel deprived, angry and/or upset?

1 Always 2 Frequently 3 Occasionally 4 Rarely 5 Never

Section 1 Total Score _____

Section 2: Hunger and Eating Cues

7. When food comes up in a conversation or in something you read, do you want to eat even if you are not hungry?

1 Never 2 Rarely 3 Occasionally 4 Frequently 5 Always

8. How often do you eat because of physical hunger?

1 Always 2 Frequently 3 Occasionally 4 Rarely 5 Never

9. Do you have trouble controlling your eating when your favorite foods are around the house?

1 Never 2 Rarely 3 Occasionally 4 Frequently 5 Never Always

Section 2 Total Score _____

LOSE FOR LIFE Diet Readiness Behavioral Questionnaire continued

Section 3: Control Over Eating

If the following situations occurred while you were on a diet, would you be likely to eat more or less food immediately afterward and for the rest of the day?

10. Although you planned on skipping lunch, a friend talks you into going out for a midday meal.

1 Would Eat Much Less 2 Would Eat Somewhat Less 3 Would Make No Difference 4 Would Eat Somewhat More 5 Would Eat Much More

11. You “break” your diet by eating a fattening “forbidden” food.

1 Would Eat Much Less 2 Would Eat Somewhat Less 3 Would Make No Difference 4 Would Eat Somewhat More 5 Would Eat Much More

12. You have been following your diet faithfully and decide to test yourself by eating something you consider a treat.

1 Would Eat Much Less 2 Would Eat Somewhat Less 3 Would Make No Difference 4 Would Eat Somewhat More 5 Would Eat Much More

Section 3 Total Score _____

Section 4: Binge Eating and Purging

13. Aside from holiday feasts, have you even eaten a large amount of food rapidly and felt afterward that this eating incident was excessive and out of control?

2 Yes 0 No

14. If you answered yes to #13, how often have you engaged in this behavior during the last year?

1 Less than once a month 2 About Once a Month 3 A Few Times a Month 4 About Once a Week 5 About Three Times A Week 6 Daily

15. Have you every purged (used laxatives, diuretics or induced vomiting) to control you weight?

5 Yes 0 No

16. Do you have trouble controlling your eating when your favorite foods are around the house?

1 Less than once a month 2 About Once a Month 3 A Few Times a Month 4 About Once a Week 5 About Three Times A Week 6 Daily

Section 4 Total Score _____

LOSE FOR LIFE Diet Readiness Behavioral Questionnaire continued

Section 5: Emotional Eating

17. Do you eat more than you would like to when you have negative feelings such as anxiety, depression, anger or loneliness?

1 Never 2 Rarely 3 Occasionally 4 Frequently 5 Always

18. Do you have trouble controlling your eating when you have positive feelings — do you celebrate feeling good by eating?

1 Never 2 Rarely 3 Occasionally 4 Frequently 5 Always

19. When you have unpleasant interactions with others in your life, or after a difficult day at work, do you eat more than you'd like?

1 Never 2 Rarely 3 Occasionally 4 Frequently 5 Always

Section 5 Total Score _____

Section 6: Exercise Patterns and Attitudes

20. How often do you exercise?

1 Never 2 Rarely 3 Occasionally 4 Somewhat 5 Frequently

21. How confident are you that you can exercise regularly?

1 Not At All Confident 2 Slightly Confident 3 Somewhat Confident 4 Highly Confident 5 Completely Confident

22. When you think about exercise, do you develop a positive or negative picture in your mind?

1 Completely Negative 2 Somewhat Negative 3 Neutral 4 Somewhat Positive 5 Completely Positive

23. How certain are you that you can work regular exercise into you daily schedule?

1 Not at all Certain 2 Slightly Certain 3 Somewhat Certain 4 Quite Certain 6 Daily

Section 6 Total Score _____

Diet Readiness Behavioral Questionnaire Scoring Guide

After the patient completes each of the six sections, add the numbers of answers and compare them with the scoring guide below:

Section 1: Goals and Attitudes

TOTAL Score _____

If you scored:

- 6 to 16: This may not be a good time for you to start a weight loss program. Inadequate motivation and commitment together with unrealistic goals could block your progress. Think about those things that contribute to this, and consider changing them before undertaking a diet program.
- 17 to 23: You may be close to being ready to begin a program but should think about ways to boost your preparedness before you begin.
- 24 to 30: The path is clear with respect to goals and attitudes.

Section 2: Hunger and Eating Cues

TOTAL Score _____

If you scored:

- 3 to 6: You might occasionally eat more than you would like, but it does not appear to be a result of high responsiveness to environmental cues. Controlling the attitudes that make you eat may be especially helpful.
- 7 to 9: You may have a moderate tendency to eat just because food is available. Dieting may be
- 10 to 15: The path is clear with respect to goals and attitudes.

Section 3: Control Over Eating

TOTAL Score _____

If you scored:

- 3 to 7: You recover rapidly from mistakes. However, if you frequently alternate between eating out of control and dieting strictly, you may have a serious eating problem and should get professional help.
- 8 to 11: You do not seem to let unplanned eating disrupt your program. This is a flexible, balanced approach.
- 12 to 15: You may be prone to overeat after something breaks your control or throws you off track. Your reaction to these problem-causing eating events can be improved.

Diet Readiness Behavioral Questionnaire Scoring Guide continued

Section 4: Binge Eating and Purging

TOTAL Score _____

If you scored:

- 0 to 1: It appears that binge eating and purging is not a problem for you.
- 2 to 11: Pay attention to these eating patterns. Should they arise more frequently, get professional help.
- 12 to 19: You show signs of having a potentially serious eating problem. See a counselor experienced in evaluation eating disorders right away.

Section 5: Emotional Eating

TOTAL Score _____

If you scored:

- 3 to 8: You do not appear to let your emotions affect your eating.
- 9 to 11: You sometimes eat in response to emotional highs and lows. Monitor this behavior to learn when and why it occurs and be prepared to find alternate activities.
- 12 to 15: Emotional ups and downs can stimulate your eating. Try to deal with feelings that trigger the eating and find other ways to express them.

Section 6: Exercise Patterns and Attitudes

TOTAL Score _____

If you scored:

- 4 to 10: You're probably not exercising as regularly as you should. Determine whether your attitudes about exercise are blocking your way, then change what you must and put on those walking shoes.
- 11 to 16: You need to feel more positive about exercise so you can do it more often. Think of ways to be more active that are fun and fit them into your lifestyle.
- 17 to 20: It looks like the path is clear for your to be more active. Now think of ways to get motivated.