

## Tools to address weight stigma

As part of this sensitivity training module, there are four different self-assessments that providers and health care professionals can complete to learn about their attitudes toward overweight and obese patients. These include the following surveys:

- 1) *Attitudes Toward Obese Persons Scale (ATOP)*
- 2) *Beliefs About Obese Persons Scale (BAOP)*
- 3) *Fat Phobia Scale (short form)*
- 4) *Antifat Attitudes Scale (AFAS)*

These brief self-report surveys can be used in group seminars or training sessions with providers. Each survey is a structured, validated measure that has been published in research. It is not necessary for all four surveys to be administered – you may choose only one or two surveys to use. These tools can be used to help increase self-awareness of bias toward obese patients, and to generate discussions about weight-based stereotypes and beliefs about the causes of obesity which may set the stage for biased attitudes.

Because these tools ask direct questions about attitudes toward obese persons, providers may be reluctant to share their survey results with others. It may be best not to focus on actual responses to the questions in group discussions. Rather, the intention of these tools is to generate discussion and awareness about beliefs and stereotypes which could reinforce bias or prejudice toward patients.

If you would like to use these tools for research purposes and data collection, scoring information is provided with each survey.

