

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):

Bacon JG, Scheltema KE, Robinson BE. Fat phobia scale revisited: the short form. *International Journal of Obesity*. 2001; 25: 252-257.

