

*Scoring instructions for 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 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.

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