

Annex no 1

Variables from the tested model						
Construct /Item from questionnaire	Scale					Adapted from
Socio-Media Pressure for a Thin Body Image (SMPTB)	Definitely disagree 1	2	3	Definitely agree 4	5	Schaefer, L., et. al., (2013)
1. I feel pressure from the media to look in better shape. 2. I feel pressure from the media to look thinner. 3. I feel pressure from the media to improve my appearance. 4. I feel pressure from the media to decrease my level of body fat.						
Thin Body Image Standard Internalization (TBISI)	Definitely disagree 1	2	3	Definitely agree 4	5	Schaefer, L., et al., (2017)
1. It is important for me to look athletic. 2. I think a lot about looking muscular. 3. I want my body to look very thin. 4. I want my body to look like it has little fat. 5. I think a lot about looking thin.						
The Body Shape Perception (BSP)	Never 1	2	3	4	Always 5	6 Evans, C., et al. (1993)
1. Have you been so worried about your shape you have been feeling you ought to diet? 2. Have you been afraid that you might become fat (or fatter)? 3. Has feeling full (e.g. after eating a large meal) made you feel fat? 4. Have you notice the shape of other women and felt that your own shape compared unfavorably? 5. Has thinking about your shape interfered with your ability to concentrate (e.g. while watching television, reading, listening to conversations)? 6. Has being naked, such as when taking a bath, made you feel fat? 7. Have you imagined cutting off fleshy areas of your body? 8. Have you not gone out to social occasions (e.g. parties) because you have felt bad about your shape? 9. Have you felt excessively large and round? 10. Have you thought that you are in the shape you are because you lack self-control? 11. Have you worried about other people seeing rolls of fat around your waist or stomach? 12. When in company have your worried about taking up too much room (e.g. sitting on a sofa, or a bus seat). 13. Has seeing your reflection (e.g. in a mirror or shop window) made you feel bad about your shape? 14. Have you pinched areas of your body to see how much fat there is? 15. Have you avoided situations where people could see your body (e.g. communal changing rooms or swimming baths)? 16. Have you been particularly self-conscious about your shape when in the company of other people?						
Body Appreciation (BA)	Never 1	2	3	4	Always 5	Tylka, T. L., Wood-Barcalow, N. L, (2015)
1. I respect my body. 2. I feel good about my body. 3. I feel that my body has at least some good qualities. 4. I take a positive attitude towards my body. 5. I am attentive to my body’s needs.						

6. I feel love for my body.
7. I appreciate the different and unique characteristics of my body.
8. My behavior reveals my positive attitude toward my body; for example, I walk holding my head high and smiling.
9. I am comfortable in my body.
10. I feel like I am beautiful even if I am different from media images of attractive people (e.g., models, actresses/actors).

Restrained Eating Behavior (REB)	Never 1	2	3	4	Very often 5	Van Strien, T., et al., (1986)
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1. If you have put on weight, do you eat less than you usually do?
2. Do you try to eat less at mealtimes than you would like to eat?
3. How often do you refuse food or drink offered because you are concerned about your weight?
4. Do you watch exactly what you eat?
5. Do you deliberately eat foods that are slimming?
6. When you have eaten too much, do you eat less than usual the following days?
7. Do you deliberately eat less in order not to become heavier?
8. How often do you try not to eat between meals because you are watching your weight?
9. How often in the evening do you try not to eat because you are watching your weight?
10. Do you take into account your weight with what you eat?

Emotional Eating Behavior (EEB)	Never 1	2	3	4	Very often 5	Van Strien, T., et al. (1986)
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1. Do you have the desire to eat when you are irritated?
2. Do you have a desire to eat when you have nothing to do?
3. Do you have a desire to eat when you are depressed or discouraged?
4. Do you have a desire to eat when you are feeling lonely?
5. Do you have a desire to eat when somebody lets you down?
6. Do you have a desire to eat when you are cross?
7. Do you have a desire to eat when you are approaching something unpleasant to happen?
8. Do you get the desire to eat when you are anxious, worried or tense?
9. Do you have a desire to eat when things are going against you or when things have gone wrong?
10. Do you have a desire to eat when you are frightened?
11. Do you have a desire to eat when you are disappointed?
12. Do you have a desire to eat when you are emotionally upset?
13. Do you have a desire to eat when you are bored or restless?