

**QUESTIONNAIRE MEASURING BODY IMAGE AND BODY DISSATISFACTION IN YOUNG GIRLS
AGED 8-12 YEARS (Mciza et al. 2005)**

Office use

1. ID. Nr of participant

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2. Name of participant

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3. Home Address

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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4 Home telephone number

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

5. Name of School

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6. Grade of the participant

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7. Age on your last birthday

		yrs
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8. Date of birth:

D	D	M	M	Y	Y	Y	Y
				1	9		

					1	9		
--	--	--	--	--	---	---	--	--

9. Date of interview:

D	D	M	M	Y	Y	Y	Y
				2	0	0	

					2	0	0	
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SOCIOECONOMIC STATUS

10. How many people live in your household, including you?

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11. How many brothers and sisters do you have:

Brothers	
Sisters	

12. Do your grandparents live with you?

Yes	1
No	2

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13. Your position in your family:

First born	1
Second born	2
Third born	3
Fourth born	4
Other	5

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14. Who looks after you most of the time:

Your mother	1
Your father	2
Your mother and father	3
Your sister / brother	4
Your grandmother	5
Your grandfather	6
Other	7

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15. Is the person looking after you:

Employed	1
Unemployed	2
A pensioner	3
On a disability grant	4
Do not know	5
Other	6

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16. Is the person looking after you?

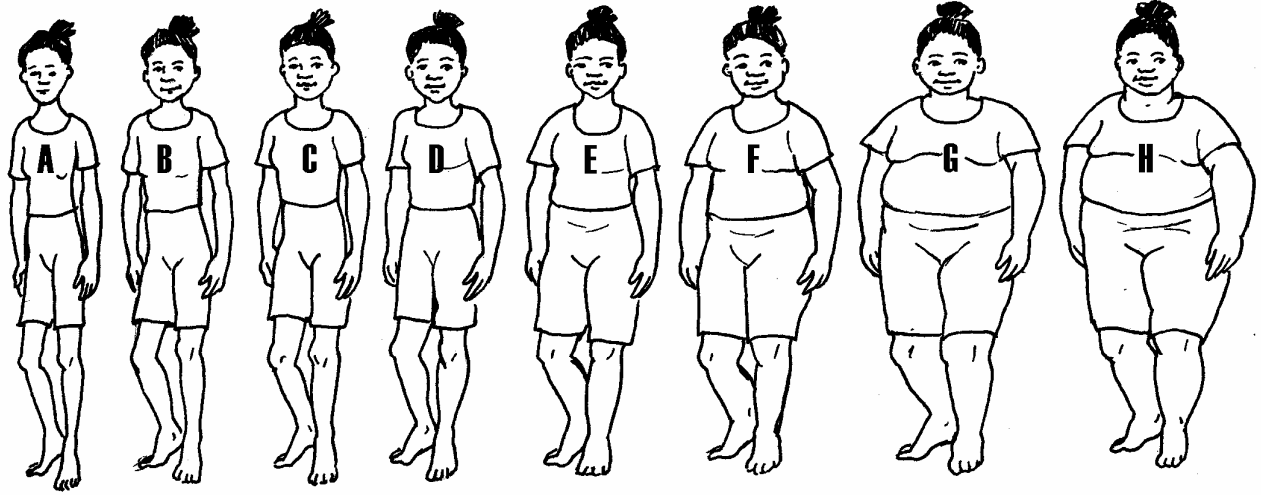
Married	1
Living with a boyfriend / girlfriend	2
Never married	3
Separated	4
Widowed	5
Divorced	6
Other	7

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<p>17. What is the highest level of education did the person pass?</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Never went to school</td><td>1</td></tr> <tr><td>Std < 5</td><td>2</td></tr> <tr><td>Std 5-7</td><td>3</td></tr> <tr><td>Std 8-10</td><td>4</td></tr> <tr><td>Do not know</td><td>5</td></tr> <tr><td>Other:</td><td>6</td></tr> </table>	Never went to school	1	Std < 5	2	Std 5-7	3	Std 8-10	4	Do not know	5	Other:	6	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div> <p>48</p>
Never went to school	1												
Std < 5	2												
Std 5-7	3												
Std 8-10	4												
Do not know	5												
Other:	6												
CULTURAL IDENTITY													
<p>18. To which ethnic group do you belong?</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Black</td><td>1</td></tr> <tr><td>Mixed ancestry</td><td>2</td></tr> <tr><td>White</td><td>3</td></tr> <tr><td>Indian</td><td>4</td></tr> <tr><td>Other:</td><td>5</td></tr> </table>	Black	1	Mixed ancestry	2	White	3	Indian	4	Other:	5	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div> <p>49</p>		
Black	1												
Mixed ancestry	2												
White	3												
Indian	4												
Other:	5												
<p>19. To which ethnic groups do most of your neighbours belong? (People on your street)</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Black</td><td>1</td></tr> <tr><td>Mixed ancestry</td><td>2</td></tr> <tr><td>White</td><td>3</td></tr> <tr><td>Indian</td><td>4</td></tr> <tr><td>Other:</td><td>5</td></tr> </table>	Black	1	Mixed ancestry	2	White	3	Indian	4	Other:	5	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>		
Black	1												
Mixed ancestry	2												
White	3												
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Other:	5												
<p>20. Do you go to school in the same area as you stay?</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Yes</td><td>1</td></tr> <tr><td>No</td><td>2</td></tr> </table>	Yes	1	No	2	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>								
Yes	1												
No	2												
<p>21. Which language is spoken at home?</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Xhosa</td><td>1</td></tr> <tr><td>English</td><td>2</td></tr> <tr><td>Afrikaans</td><td>3</td></tr> <tr><td>Other:</td><td>4</td></tr> </table>	Xhosa	1	English	2	Afrikaans	3	Other:	4	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>				
Xhosa	1												
English	2												
Afrikaans	3												
Other:	4												
<p>22. Do you understand Xhosa when someone else speaks it?</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Yes</td><td>1</td></tr> <tr><td>No</td><td>2</td></tr> </table>	Yes	1	No	2	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>								
Yes	1												
No	2												
<p>23. Do you understand English when someone else speaks it?</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Yes</td><td>1</td></tr> <tr><td>No</td><td>2</td></tr> </table>	Yes	1	No	2	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>								
Yes	1												
No	2												
<p>24. Do you understand Afrikaans when someone else speaks it?</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Yes</td><td>1</td></tr> <tr><td>No</td><td>2</td></tr> </table>	Yes	1	No	2	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>								
Yes	1												
No	2												
<p>25. Do the adults in your home teach you about Xhosa people?</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Yes</td><td>1</td></tr> <tr><td>No</td><td>2</td></tr> </table>	Yes	1	No	2	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>								
Yes	1												
No	2												
<p>26. Do the adults in your home teach you about English people?</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Yes</td><td>1</td></tr> <tr><td>No</td><td>2</td></tr> </table>	Yes	1	No	2	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>								
Yes	1												
No	2												
<p>27. Do the adults in your home teach you about Afrikaans people?</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td>Yes</td><td>1</td></tr> <tr><td>No</td><td>2</td></tr> </table>	Yes	1	No	2	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div> <p>58</p>								
Yes	1												
No	2												

BODY IMAGE SELF-ASSESSMENT, SIZE ACCEPTANCE AND SHAPE SATISFACTION



1. Choose the girl that you think is:

Thin	
Normal weight	
Fat	

2. Choose the girl that you think will:

Look best	
Be clumsy	
Have more respect from others	
Have less respect from others	
Be the strongest	
Be the weakest	
Be the happiest	
Be most unhappy	

3. Choose the girl that:

You would want to look like	
Your mom / dad / grandma / grandpa / sister / brother will want you to look like	
Your friends will want you to look like	

4. Have you ever thought that you are thin:

Yes	1
No	2

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5. Have your mom / dad / grandma / grandpa / sister / brother ever told you that you are thin

Yes	1
No	2

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6. Have your friends ever told you that you are thin

Yes	1
No	2

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7. Have you ever thought that you are fat:

Yes	1
No	2

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8. Have your mom / dad / grandma / grandpa / sister / brother ever told you that you are fat

Yes	1
No	2

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9. Have your friends ever told you that you are fat

Yes	1
No	2

☐

10. Which one of the pictures do you think you look the most like?

☐☐

11. How happy are you with your present weight?

Happy	1
Not sure / somewhat happy	2
Unhappy	3

☐

12. Do you think you are:

Underweight	1
Normal weight	2
Overweight	3

☐

13. Do you worry about being thin?

Yes	1
No	2

14. Do you worry about being fat?

Yes	1
No	2

☐

15. Have you ever tried to lose weight?

Yes	1
No	2

☐

16. Are you now trying to lose weight?

Yes	1
No	2

☐

17. Have you ever tried to gain weight?

Yes	1
No	2

☐

18. Are you now trying to gain weight?

Yes	1
No	2

☐

19. Choose one method you used / are using to lose weight: (Answer this if you said yes to 16 or 17)

Reduced the amounts of food I use to eat	1
Exercise more	2
Skip some meals	3
Starve myself the whole day	4
Use weight reducing medications	5
Other:	6

☐

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20. Choose one method you used / are using to gain weight: (Answer this if you said yes to 18 or 19)

Increased the amounts of food I used to eat	1
Exercise more	2
Eat more meals than I usually eat each day	3
Take supplements to increase energy intake	4
Other:	5

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21. If a girl of your age is thin she would:

a) Have more friends	Yes=1	No=0
b) Feel better about herself	Yes=1	No=0
c) Be prettier	Yes=1	No=0
d) Feel more like a girl	Yes=1	No=0
e) Be healthier	Yes=1	No=0

22. If a girl of your age is fat she would:

a) Have more friends	Yes=1	No=0
b) Feel better about herself	Yes=1	No=0
c) Be prettier	Yes=1	No=0
d) Feel more like a girl	Yes=1	No=0
e) Be healthier	Yes=1	No=0

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