**Research on Life Experiences of Overweight Individuals**

**Consent Form**

I have read the participant information and any questions that I have about the study have been answered.

I understand that I am free to withdraw at any time without penalty.

I agree to take part with the understanding that any data collected is completely confidential.

I understand that the information will be stored in manual and electronic files but is subject to the provisions of the Data Protection Act.

I consent to take part in this study.

* Yes (1)
* No (2)

If No Is Selected, Then Skip To End of Block

Thank you, you may now proceed to the survey. Please do not spend too long on any one question. Remember, there are no right or wrong answers and all responses are anonymous.

If you wish to withdraw from the study at any time, simply close your browser window. Non-completed surveys will be deleted and no information will remain on file. If you have any concerns or questions, please e-mail the researcher, Angela Meadows, at axm583@bham.ac.uk.

This study was approved by the University of Birmingham Ethical Review Committee. For questions concerning the Ethics you may contact Susan Cottam, Research Ethics Officer, at s.l.cottam@bham.ac.uk

Please enter your email below so that we can enter you into the prize draw. Your email address will not be attached to your study responses, which will remain completely anonymous.

Q30 Below is a list of statements dealing with your general feelings about yourself. Please select the option that most closely represents how you feel most of the time.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly Disagree (0) | Disagree (1) | Agree (2) | Strongly Agree (3) |
| On the whole, I am satisfied with myself (1) |  |  |  |  |
| At times, I think I am no good at all (2) |  |  |  |  |
| I feel that I have a number of good qualities (3) |  |  |  |  |
| I am able to do things as well as most other people (4) |  |  |  |  |
| I feel I do not have much to be proud of (5) |  |  |  |  |
| I certainly feel useless at times (6) |  |  |  |  |
| I feel that I'm a person of worth, at least on an equal plane with others (7) |  |  |  |  |
| I wish I could have more respect for myself (8) |  |  |  |  |
| All in all, I am inclined to feel that I am a failure (9) |  |  |  |  |
| I take a positive attitude toward myself (10) |  |  |  |  |

Q37 .

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Somewhat Disagree (3) | Somewhat Agree (4) | Agree (5) | Strongly Agree (6) |
| Stereotypes about overweight/fat people have not affected me personally (1) |  |  |  |  |  |  |
| I never worry that my behaviours will be viewed as stereotypical of overweight/fat people (2) |  |  |  |  |  |  |
| When interacting with other people, I feel like they interpret all my behaviours in terms of the fact that I am overweight/fat (3) |  |  |  |  |  |  |
| Most people do not judge overweight/fat people on the basis of their weight (4) |  |  |  |  |  |  |
| My being overweight/fat does not influence how other people act with me (5) |  |  |  |  |  |  |
| I almost never think about the fact that I am overweight/fat when I interact with other people (6) |  |  |  |  |  |  |
| My being overweight/fat does not influence how people act with me (7) |  |  |  |  |  |  |
| Most people have a lot more anti-fat thoughts than they actually express (8) |  |  |  |  |  |  |
| I often think that people are unfairly accused of being prejudiced against overweight/fat people (9) |  |  |  |  |  |  |
| Most people have a problem viewing overweight/fat people as equals (10) |  |  |  |  |  |  |

Q32 Please rate your agreement with each of the following items.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Somewhat Disagree (3) | Neither Agree nor Disagree (4) | Somewhat Agree (5) | Agree (6) | Strongly Agree (7) |
| It's my fault that I'm overweight/fat (1) |  |  |  |  |  |  |  |
| As an overweight/fat person, I feel that I am just as competent as anyone (2) |  |  |  |  |  |  |  |
| I am less attractive than most other people because of my weight (3) |  |  |  |  |  |  |  |
| I feel anxious about being overweight/fat because of what people might think of me (4) |  |  |  |  |  |  |  |
| I wish I could drastically change my weight (5) |  |  |  |  |  |  |  |
| If only I had more willpower I wouldn't be the weight I am (6) |  |  |  |  |  |  |  |
| Whenever I think a lot about being overweight/fat, I feel depressed (7) |  |  |  |  |  |  |  |
| I feel that being overweight/fat doesn't interfere with my ability to be a good and decent person (8) |  |  |  |  |  |  |  |
| I hate myself for being overweight/fat (9) |  |  |  |  |  |  |  |
| My weight is a major way that I judge my value as a person (10) |  |  |  |  |  |  |  |
| I don't feel that I deserve to have a really fulfilling social life as long as I'm overweight/fat (11) |  |  |  |  |  |  |  |
| I am OK being the weight that I am (12) |  |  |  |  |  |  |  |
| As an overweight/fat person, I feel that I am just as deserving of respect as anyone (13) |  |  |  |  |  |  |  |
| It really bothers me that people look down on overweight/fat people (14) |  |  |  |  |  |  |  |
| Because I'm overweight/fat, I don't feel like my true self (15) |  |  |  |  |  |  |  |
| I feel that being overweight/fat does not make me unworthy of a loving relationship (16) |  |  |  |  |  |  |  |
| Because of my weight, I don't understand how anyone attractive would want to date me (17) |  |  |  |  |  |  |  |
| I believe that society's prejudice against overweight/fat people is unfair (18) |  |  |  |  |  |  |  |
| If other people don't treat me with respect, I should put up with it because of my weight (19) |  |  |  |  |  |  |  |

Q38 .

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Somewhat Disagree (3) | Neither Agree nor Disagree (4) | Somewhat Agree (5) | Agree (6) | Strongly Agree (7) |
| If overweight/fat people want to be treated with respect, they should lose weight (1) |  |  |  |  |  |  |  |
| I don't think it's fair that thin people have higher status than overweight/fat people (2) |  |  |  |  |  |  |  |
| Society's prejudice against overweight/fat people is perfectly understandable (3) |  |  |  |  |  |  |  |
| Overweight/fat people don't deserve equal treatment (4) |  |  |  |  |  |  |  |
| Treating overweight/fat people poorly is justified if it makes them change their lifestyle (5) |  |  |  |  |  |  |  |

Q39 .

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Somewhat Disagree (3) | Neither Agree nor Disagree (4) | Somewhat Agree (5) | Agree (6) | Strongly Agree (7) |
| I feel a bond with other overweight/fat people (1) |  |  |  |  |  |  |  |
| I feel solidarity with other overweight/fat people (2) |  |  |  |  |  |  |  |
| I feel committed to the population of overweight/fat people (3) |  |  |  |  |  |  |  |
| I am glad to be an overweight/fat person (4) |  |  |  |  |  |  |  |
| I think that overweight/fat people have a lot to be proud of (5) |  |  |  |  |  |  |  |
| It is pleasant to be overweight/fat (6) |  |  |  |  |  |  |  |
| Being overweight/fat gives me a good feeling (7) |  |  |  |  |  |  |  |
| I often think about the fact that I am overweight/fat (8) |  |  |  |  |  |  |  |
| The fact that I am overweight/fat is an important part of my identity (9) |  |  |  |  |  |  |  |
| Being overweight/fat is an important part of how I see myself (10) |  |  |  |  |  |  |  |
| I have a lot in common with the average overweight/fat person (11) |  |  |  |  |  |  |  |
| I am simliar to the average overweight/fat person (12) |  |  |  |  |  |  |  |
| People who are overweight/fat have a lot in common with each other (13) |  |  |  |  |  |  |  |
| People who are overweight/fat are very similar to each other (14) |  |  |  |  |  |  |  |

Q40 .

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Somewhat Disagree (3) | Neither Agree nor Disagree (4) | Somewhat Agree (5) | Agree (6) | Strongly Agree (7) |
| As a result of how overweight/fat people are treated, I want to stand up for weight-related issues (1) |  |  |  |  |  |  |  |
| Thinking about how overweight/fat people are treated makes me want to fight for fat rights (2) |  |  |  |  |  |  |  |
| I directly confront those responsible for treating overweight/fat people badly (3) |  |  |  |  |  |  |  |
| I bring the negative treatment of overweight/fat people to the attention of the appropriate authorities or people in charge (4) |  |  |  |  |  |  |  |
| I want to lose weight to reduce my chances of being discriminated against (5) |  |  |  |  |  |  |  |
| It's up to me to change my weight if I want to be treated better (6) |  |  |  |  |  |  |  |
| The way overweight/fat people are treated makes me angry (7) |  |  |  |  |  |  |  |
| Overweight/fat people should do something about their weight to fit into society (8) |  |  |  |  |  |  |  |

Q37 .

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Somewhat Disagree (3) | Neither Agree nor Disagree (4) | Somewhat Agree (5) | Agree (6) | Strongly Agree (7) |
| Overweight/fat people can lose weight if they really want to (1) |  |  |  |  |  |  |  |
| Through a combination of exercise and dieting, anyone can lose weight and keep it off (2) |  |  |  |  |  |  |  |
| Weight is something that is entirely under a person's control (3) |  |  |  |  |  |  |  |

Q28 Finally, we would like to collect a little information about yourself.    For the following two questions, you can use this website if you need help with imperial-to-metric conversions (you will need to copy and paste into a new window):  http://www.metric-conversions.org/weight-conversion.htm ---------------------------------------------------------------------     Please enter your height in metres using numbers only. For example, if your height is 164 centimetres, enter "1.64".

Q54 Please enter your weight in kg using numbers only. For example, if you weigh 60kg, enter "60". If you are not sure (for example if you don't weigh yourself), please give your best estimate.

Q41 Do you identify as:

* Male (1)
* Female (2)
* Other (3)
* Prefer not to answer (4)

Q45 What is your ethnicity?

Q41 Do you live in:

* UK (1)
* Other Europe (2)
* North America (3)
* South America (4)
* Australia/New Zealand (5)
* Asia (6)
* Africa (7)
* Middle East (8)

Q13   What is your age?

Q44 Please select the highest education level you have completed.

* Some secondary or high school education (including O Levels and GCSEs) (1)
* A Levels, High School Diploma, High School Certificate, etc. (2)
* Vocational qualifications (3)
* University or college graduate (e.g. Bachelor's degree) (4)
* Master's degree, post-graduate certificate or diploma (5)
* Professional or doctoral degree (e.g. MD, PhD) (6)
* Other (7)

Q43 What is your current profession? If you are retired, please select your most recent profession.

* Higher managerial, administrative or professional (1)
* Intermediate managerial, administrative or professional (2)
* Supervisor or clerical, junior managerial, administrative or professional (3)
* Skilled manual worker (4)
* Semi-skilled or unskilled manual worker (5)
* Student (6)
* Unemployed (7)
* Other (8)

Q61 You have now completed the study questions.Would you be happy for us to add your email address to our database for invitations to future studies?

* Yes, I would be interested in taking part in future studies (1)
* No, thank you. Just this one (2)

Q24 Please click on the Next button to finish the survey and submit your answers.

**Debrief**

You have now completed the study. Thank you for your time.  
    
A little more about this study:    
  
We are interested in how different individuals respond to societal stigma and discrimination.  Psychologists originally believed that belonging to a stigmatised group would result in low self-esteem and psychological distress. However, research in a number of groups, including people with mental health conditions, racial minorities, and people with disabilities, have shown that this isn’t always true. While some individuals seem to respond to stigma by internalising those negative messages and feeling worse about themselves, others respond by getting angry and taking action of some kind. This second type of response seems to protect self-esteem and wellbeing.  
  
We are interested in discovering how these different responses can be explained. Two factors that appear to be important are whether or not the individual believes that the stigma is justified or deserved, and how important being a member of that group is to the individual’s self-identity. The purpose of this study was to look at whether group identity and beliefs in the justness of weight stigma predicted how heavier individuals respond psychologically and behaviourally to society’s sometimes negative attitudes towards them.  
   
If you’d like more information about the study, please send an email to the researcher, Angela Meadows, at [axm583@bham.ac.uk](mailto:axm583@bham.ac.uk). When the study is completed, we will send an email about the findings to participants who provided their email address for the prize draw.  
   
Please click the link below to download a list of resources on health, body image, weight stigma, and fighting back.  
  
[Resources for participants\_stigma model study.pdf](https://qtrial2013.qualtrics.com/CP/File.php?F=F_6JMImXBDxGBJ0J7)