**Dieting Beliefs Scale** (Stotland & Zuroff, 1990) – A measure of weight locus of control

Instructions:

Please respond to the following statements by indicating how well each statement describes your beliefs. Place a number from 1 (*not at all descriptive of my beliefs*) to 6 (*very descriptive of my beliefs*) in the box to the right of each statement.

<table>
<thead>
<tr>
<th>Not at all descriptive of my beliefs</th>
<th>Very descriptive of my beliefs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
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<td>3</td>
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<td>5</td>
<td>6</td>
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1. By restricting what one eats, one can lose weight.  
2. When people gain weight, it is because of something they have done or not done.  
3.* A thin body is largely a result of genetics.  
4.* No matter how much effort one puts into dieting, one’s weight tends to stay about the same  
5.* One’s weight is, to a great extent, controlled by fate.  
6.* There is so much fattening food around that losing weight is almost impossible.  
7.* Most people can only diet successfully when other people push them to do it.  
8. Having a slim and fit body has very little to do with luck.  
9. People who are overweight lack the willpower necessary to control their weight.  
10. Each of us directly is responsible for our weight.  
11. Losing weight is simply a matter of wanting to do it and applying yourself.  
12.* People who are more than a couple of pounds overweight need professional help to lose weight.  
13. By increasing the amount one exercises, one can lose weight.  
14.* Most people are at their present weight because that is the weight level that is natural for them.  
15. Unsuccessful dieting is due to lack of effort.  
16.* In order to lose weight, people must get a lot of encouragement from others.  

Note: * indicates items that are reverse scored.

**References**