

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.

	<i>Not at all descriptive of my beliefs</i>					<i>Very descriptive of my beliefs</i>	
	1	2	3	4	5	6	
1.							<input type="checkbox"/>
2.							<input type="checkbox"/>
3.*							<input type="checkbox"/>
4.*							<input type="checkbox"/>
5.*							<input type="checkbox"/>
6.*							<input type="checkbox"/>
7.*							<input type="checkbox"/>
8.							<input type="checkbox"/>
9.							<input type="checkbox"/>
10.							<input type="checkbox"/>
11.							<input type="checkbox"/>
12.*							<input type="checkbox"/>
13.							<input type="checkbox"/>
14.*							<input type="checkbox"/>
15.							<input type="checkbox"/>
16.*							<input type="checkbox"/>

Note: * indicates items that are reverse scored.

References

Stotland, S. & Zuroff, D.C. (1990). A new measure of weight locus of control: The Dieting Beliefs Scale. *Journal of Personality Assessment*, 54, 191-203.