

# **Mc Knight Risk Factor Survey**

**Grades 4 - 5**

**The questions below ask about what it is like to be a girl or young woman today. There are no right or wrong answers. We just want to know what you think. If you have problems with any of the questions, please raise your hand and we will help you.**

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1. In the past year, how often did you feel confident?

Never 1	Sometimes 2	A Lot 3
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2. In the past year, how often have you been on a diet TO LOSE WEIGHT?

Never 1	Sometimes 2	A Lot 3
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3. In the past year, how often have you worried about having fat on your body?

Never 1	Sometimes 2	A Lot 3
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4. In the past year, how often have you starved (not eaten) for a day or more TO LOSE WEIGHT?

Never 1	Sometimes 2	A Lot 3
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5. In the past year, how often did you drink alcohol when you were by yourself or with friends?

Never 1	Sometimes 2	A Lot 3
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6. In the past year, how often did you eat less than usual when you were bored?

Never 1	Sometimes 2	A Lot 3
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7. In the past year, how often have you felt fat?

Never 1	Sometimes 2	A Lot 3
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8. In the past year, how often have you tried to lose weight?

Never 1	Sometimes 2	A Lot 3
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9. In the past year, how often have you thought about wanting to be thinner?

Never 1	Sometimes 2	A Lot 3
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10. **In the past year, how often has your father made a comment to you about your weight or your eating that made you feel bad?**

*(Remember that "father" is the adult man in your life who acts most like a father to you.)*

I do not  
have contact with  
anyone that I think of  
as a "father"

Never  
1

Sometimes  
2

A Lot  
3

11. **In the past year, how often have you changed your eating when you were around girls/young women?**

Never  
1

Sometimes  
2

A Lot  
3

12. **In the past year, how often have you had someone you can count on to listen to you when you need to talk?**

Never  
1

Sometimes  
2

A Lot  
3

13. **In the past year, how often have you cut back on what you ate TO LOSE WEIGHT?**

Never  
1

Sometimes  
2

A Lot  
3

14. **In the past year, how often did you use drugs (not medicine)?**

Never  
1

Sometimes  
2

A Lot  
3

15. **In the past year, how often did you eat less than usual to try to feel better about yourself?**

Never  
1

Sometimes  
2

A Lot  
3

16. **In the past year, how often have you had someone to share your most private worries and fears with?**

Never  
1

Sometimes  
2

A Lot  
3

17. **In the past year, how often have girls (including sisters) made fun of you because of your weight?**

Never  
1

Sometimes  
2

A Lot  
3

18. In the past year, how often have you taken laxatives or “water” pills TO LOSE WEIGHT?

Never	Sometimes	A Lot
1	2	3

19. In the past year, how often have you felt ugly?

Never	Sometimes	A Lot
1	2	3

20. In the past year, how often have you skipped meals TO LOSE WEIGHT?

Never	Sometimes	A Lot
1	2	3

21. In the past year, how often have you liked most things about yourself?

Never	Sometimes	A Lot
1	2	3

22. In the past year, how often have you had headaches?

Never	Sometimes	A Lot
1	2	3

23. In the past year, how often have you kept eating and eating and felt like you could not stop?

Never	Sometimes	A Lot
1	2	3

24. In the past year, how often has a teacher or coach made a comment to you about your weight that made you feel bad?

Never	Sometimes	A Lot
1	2	3

25. In the past year, how often did you eat more than usual when you were bored?

Never	Sometimes	A Lot
1	2	3

26. In the past year, how often did you smoke cigarettes?

Never	Sometimes	A Lot
1	2	3

27. In the past year, how often did you feel like you were no good?

Never	Sometimes	A Lot
1	2	3

28. In the past year, how often did you feel tired for no reason?

Never	Sometimes	A Lot
1	2	3

29. In the past year, how often have you exercised TO LOSE WEIGHT?

Never	Sometimes	A Lot
1	2	3

30. In the past year, how often did you feel "down in the dumps" or "depressed"?

Never	Sometimes	A Lot
1	2	3

31. In the past year, how often have you felt pretty?

Never	Sometimes	A Lot
1	2	3

32. In the past year, how often have you had stomachaches?

Never	Sometimes	A Lot
1	2	3

33. In the past year, how often have you tried to change your weight so you would not be teased by boys (including brothers)?

Never	Sometimes	A Lot
1	2	3

34. In the past year, how often have you MADE yourself throw-up TO LOSE WEIGHT?

Never	Sometimes	A Lot
1	2	3

35. In the past year, how often have you been happy just the way you are?

Never	Sometimes	A Lot
1	2	3

36. In the past year, how often have you eaten less sweets or fatty foods TO LOSE WEIGHT?

Never	Sometimes	A Lot
1	2	3

37. In the past year, how often have boys (including brothers) made fun of you because of your weight?

Never	Sometimes	A Lot
1	2	3

38. In the past year, how often has your mother made a comment to you about your weight or your eating that made you feel bad?

*(Remember that "mother" is the adult woman in your life who acts most like a mother to you.)*

I do not  
have contact with  
anyone that I think of  
as a "mother"

Never	Sometimes	A Lot	
0	1	2	3

39. In the past year, how often have you had someone to help you understand a problem when you needed it?

Never	Sometimes	A Lot
1	2	3

40. In the past year, how often did you eat less than usual when you were upset?

Never	Sometimes	A Lot
1	2	3

41. In the past year, how often have you taken diet pills TO LOSE WEIGHT?

Never	Sometimes	A Lot
1	2	3

42. In the past year, how often did you eat more than usual to try to feel better about yourself?

Never	Sometimes	A Lot
1	2	3

43. In the past year, how often have your female friends talked about wanting to lose weight?

Never	Sometimes	A Lot
1	2	3

44. In the past year, how often have you changed your eating when you were around boys?

Never	Sometimes	A Lot
1	2	3

45. In the past year, how often was it hard for you to pay attention (for example, listen in class, read a book, or do your homework)?

Never	Sometimes	A Lot
1	2	3

46. In the past year, how often did you eat more than usual when you were upset?

Never	Sometimes	A Lot
1	2	3

47. In the past year, how often was it hard for you to have fun?

Never	Sometimes	A Lot
1	2	3

48. In the past year, how often did you eat a lot of food in a short amount of time when it was NOT a meal or a holiday?

Never	Sometimes	A Lot
1	2	3

49. In the past year, how often have you tried to change your weight so you would not be teased by girls (including sisters)?

Never	Sometimes	A Lot
1	2	3

50. In the past year, how often have photographs/pictures of thin girls/women made you wish that you were thin?

Never	Sometimes	A Lot
1	2	3

51. In the past year, how much have you worried about gaining two pounds?

Not At All	Some	A Lot
1	2	3

52. If boys (including brothers) have teased you about your weight in the past year, how much has it changed the way you feel about yourself?

I have <u>not</u> been teased	Not At All	Some	A Lot
0	1	2	3

53. In the past year, how much has your weight made a difference in how you feel about yourself?

Not At All	Some	A Lot
1	2	3

54. In the past year, how happy have you been with the way your body looks?

Not At All	Some	A Lot
1	2	3

55. In the past year, how much do you think your weight made boys NOT like you?

Not At All	Some	A Lot
1	2	3

56. In the past year, how important has it been to your friends that you be thin?

Not At All	Some	A Lot
1	2	3

57. If girls (including sisters) have teased you about your weight in the past year, how much has it changed the way you feel about yourself?

I have <u>not</u> been teased	Not At All	Some	A Lot
0	1	2	3

58. In the past year, how much have you tried to look like the girls or women you see on television, in movies, or in magazines?

Not At All	Some	A Lot
1	2	3

59. In the past year, how important has it been to your mother that you be thin?

*(Remember that "mother" is the adult woman in your life who acts most like a mother to you.)*

I do <u>not</u> have contact with anyone that I think of as a "mother"	Not At All	Some	A Lot
0	1	2	3

60. In the past year, how much do you think your weight made other girls NOT like you?

Not At All	Some	A Lot
1	2	3

61. In the past year, how important has it been to your father that you be thin?

*(Remember that "father" is the adult man in your life who acts most like a father to you.)*

I do <u>not</u> have contact with anyone that I think of as a "father"	Not At All	Some	A Lot
0	1	2	3

62. In the past year, how important has it been to your friends that they be thin?

Not At All	Some	A Lot
1	2	3



**63. Have you gotten your first period yet?** **No** **Yes**  
0 1

If **Yes**, what grade were you in when you got your first period? (*Circle one:*)

- 1. Before 4th grade
- 2. In the 4th grade
- 3. Summer after 4th grade
- 4. In the 5th grade

**64. Have you started to date?** **No** **Yes**  
0 1

If **Yes**, what grade were you in when you started to date? (*Circle one:*)

- 1. Before 4th grade
- 2. In the 4th grade
- 3. Summer after 4th grade
- 4. In the 5th grade

**65. Do you go to a different school now than you did last year?** **No** **Yes**  
0 1

**66. In the past year, has your body changed?** **No** **Yes**  
0 1

If **Yes**, how bothered are you about your body changing?

Not At All                      Some                      A Lot  
1                                      2                                      3

67.	In the past year, have you broken up with a boyfriend?	No 0	Yes 1
68.	In the past year, have you been seriously injured or seriously ill?	No 0	Yes 1
69.	In the past year, have you lost a friend (for example, because of a fight or a move)?	No 0	Yes 1
70.	In the past year, have any of your pets died?	No 0	Yes 1
71.	In the past year, have you felt rejected by someone important to you?	No 0	Yes 1
72.	In the past year, have you felt threatened <u>at school</u> ?	No 0	Yes 1
73.	In the past year, has anyone important to you died?	No 0	Yes 1
74.	In the past year, have your parents separated, divorced, or split up?	No 0	Yes 1
75.	In the past year, have you felt threatened <u>outside of school</u> ?	No 0	Yes 1
76.	In the past year, have other people noticed changes in your body?	No 0	Yes 1

If Yes, how bothered are you about other people noticing changes in your body?

	Not At All 1	Some 2	A Lot 3	
77.				No 0      Yes 1
78.				No 0      Yes 1
79.				No 0      Yes 1
80.				No 0      Yes 1
81.				No 0      Yes 1

82. Please circle any of the people you talk to when you have a problem: (You can circle more than one)

- A. Mother/Stepmother
- B. Father/Stepfather
- C. Brother/Stepbrother
- D. Sister/Stepsister
- E. Other relative
- F. Friend
- G. Boyfriend
- H. Coach/Teacher
- I. Counselor/Minister/Priest/Rabbi
- J. Other person: \_\_\_\_\_
- K. No one

83. In the past year, how have you been doing in school?

- Failing 0
- Below Average 1
- Average 2
- Above Average 3

84. Please circle the number of the figure below that best looks like the **MOST** you have ever seen your real (biological) **MOTHER** weigh (NOT including when she is or was pregnant).

I have not seen my real (biological) mother in a very long time.

0 1 2 3 4 5 6 7 8 9

85. Please circle the number of the figure below that best looks like the **MOST** you have ever seen your real (biological) **FATHER** weigh.

I have not seen my real (biological) father in a very long time.

0 1 2 3 4 5 6 7 8 9

86. My family expects me to do well in everything.

Never  
1

Rarely  
2

Sometimes  
3

Usually  
4

Always  
5

87. I try to never disappoint my parents and teachers.

Never  
1

Rarely  
2

Sometimes  
3

Usually  
4

Always  
5

88. I need to be the best at things.

Never  
1

Rarely  
2

Sometimes  
3

Usually  
4

Always  
5

89. If I can't be really great at something, I don't want to do it at all.

Never  
1

Rarely  
2

Sometimes  
3

Usually  
4

Always  
5

90. I have extremely high goals.

Never  
1

Rarely  
2

Sometimes  
3

Usually  
4

Always  
5