

McKnight Risk Factor Survey

Grades 6 – 12

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.

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

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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2. In the past year, how often have you been on a diet TO LOSE WEIGHT?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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3. In the past year, how often have you worried about having fat on your body?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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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	A Little 2	Sometimes 3	A Lot 4	Always 5
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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	A Little 2	Sometimes 3	A Lot 4	Always 5
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6. In the past year, how often did you eat less than usual when you were bored?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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7. In the past year, how often have you felt fat?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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8. In the past year, how often have you tried to lose weight?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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9. In the past year, how often have you thought about wanting to be thinner?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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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"
0

Never
1

A Little
2

Sometimes
3

A Lot
4

Always
5

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

Never
1

A Little
2

Sometimes
3

A Lot
4

Always
5

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

A Little
2

Sometimes
3

A Lot
4

Always
5

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

Never
1

A Little
2

Sometimes
3

A Lot
4

Always
5

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

Never
1

A Little
2

Sometimes
3

A Lot
4

Always
5

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

Never
1

A Little
2

Sometimes
3

A Lot
4

Always
5

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

Never
1

A Little
2

Sometimes
3

A Lot
4

Always
5

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

Never
1

A Little
2

Sometimes
3

A Lot
4

Always
5

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

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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19. In the past year, how often have you felt ugly?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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20. In the past year, how often have you skipped meals TO LOSE WEIGHT?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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21. In the past year, how often have you liked most things about yourself?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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22. In the past year, how often have you had headaches?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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23. In the past year, how often have you kept eating and eating and felt like you could not stop?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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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 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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25. In the past year, how often did you eat more than usual when you were bored?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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26. In the past year, how often did you smoke cigarettes?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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27. In the past year, how often did you feel worthless?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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28. In the past year, how often did you notice you didn't have as much energy as you usually do?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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29. In the past year, how often have you exercised TO LOSE WEIGHT?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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30. In the past year, how often did you feel "down in the dumps" or "depressed"?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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31. In the past year, how often have you felt pretty?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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32. In the past year, how often have you had stomachaches?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
------------	---------------	----------------	------------	-------------

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

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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34. In the past year, how often have you MADE yourself throw-up TO LOSE WEIGHT?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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35. In the past year, how often have you been happy just the way you are?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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36. In the past year, how often have you eaten less sweets or fatty foods TO LOSE WEIGHT?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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37. In the past year, how often have boys/young men (including brothers) made fun of you because of your weight?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
------------	---------------	----------------	------------	-------------

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"

0	Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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39. In the past year, how often have you had someone to help you understand a problem when you needed it?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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40. In the past year, how often did you eat less than usual when you were upset?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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41. In the past year, how often have you taken diet pills TO LOSE WEIGHT?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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42. In the past year, how often did you eat more than usual to try to feel better about yourself?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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43. In the past year, how often have your female friends talked about wanting to lose weight?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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44. In the past year, how often have you changed your eating when you were around boys/young men?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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45. In the past year, how often did you have trouble concentrating?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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46. In the past year, how often did you eat more than usual when you were upset?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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47. In the past year, how often did you have trouble enjoying activities you usually enjoy?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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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 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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49. In the past year, how often have you tried to change your weight so you would not be teased by girls/young women (including sisters)?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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50. In the past year, how often have photographs/pictures of thin girls/women made you wish that you were thin?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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51. In the past year, how much have you worried about gaining two pounds?

Not At All 1	A Little 2	Pretty Much 3	A Lot 4	Totally 5
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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 0	Not At All 1	A Little 2	Pretty Much 3	A Lot 4	Totally 5
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53. In the past year, how much has your weight made a difference in how you feel about yourself?

Not At All 1	A Little 2	Pretty Much 3	A Lot 4	Totally 5
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54. In the past year, how happy have you been with the way your body looks?

Not At All 1	A Little 2	Pretty Much 3	A Lot 4	Totally 5
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55. In the past year, how much do you think your weight made boys NOT like you?

Not At All 1	A Little 2	Pretty Much 3	A Lot 4	Totally 5
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56. In the past year, how important has it been to your friends that you be thin?

Not At All 1	A Little 2	Pretty Much 3	A Lot 4	Totally 5
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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 not been teased

0	Not At All 1	A Little 2	Pretty Much 3	A Lot 4	Totally 5
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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 1	A Little 2	Pretty Much 3	A Lot 4	Totally 5
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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 not have contact with anyone that I think of as a "mother"

0	Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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60. In the past year, how much do you think your weight made other girls NOT like you?

Not At All 1	A Little 2	Pretty Much 3	A Lot 4	Totally 5
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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 not have contact with anyone that I think of as a "father"

0	Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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62. In the past year, how important has it been to your friends that they be thin?

Not At All 1	A Little 2	Pretty Much 3	A Lot 4	Totally 5
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63. Have you gotten your first period yet? **No**
0 **Yes**
1

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

- | | |
|---------------------------|-----------------------------|
| 1. Before 4th grade | 10. In the 8th grade |
| 2. In the 4th grade | 11. Summer after 8th grade |
| 3. Summer after 4th grade | 12. In the 9th grade |
| 4. In the 5th grade | 13. Summer after 9th grade |
| 5. Summer after 5th grade | 14. In the 10th grade |
| 6. In the 6th grade | 15. Summer after 10th grade |
| 7. Summer after 6th grade | 16. In the 11th grade |
| 8. In the 7th grade | 17. Summer after 11th grade |
| 9. Summer after 7th grade | 18. In the 12th grade |

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

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

- | | |
|---------------------------|-----------------------------|
| 1. Before 4th grade | 10. In the 8th grade |
| 2. In the 4th grade | 11. Summer after 8th grade |
| 3. Summer after 4th grade | 12. In the 9th grade |
| 4. In the 5th grade | 13. Summer after 9th grade |
| 5. Summer after 5th grade | 14. In the 10th grade |
| 6. In the 6th grade | 15. Summer after 10th grade |
| 7. Summer after 6th grade | 16. In the 11th grade |
| 8. In the 7th grade | 17. Summer after 11th grade |
| 9. Summer after 7th grade | 18. In the 12th grade |

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

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

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

Not At All	A Little	Pretty Much	A Lot	Totally
1	2	3	4	5

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	A Little 2	Pretty Much 3	A Lot 4	Totally 5	No 0	Yes 1
77.	In the past year, have either of your parents gotten remarried?					No 0	Yes 1
78.	In the past year, have you been a cheerleader, a songleader or on a drill/dance team?					No 0	Yes 1
79.	In the past year, have you had to take medicine (like Ritalin) to help you pay attention and do better in school?					No 0	Yes 1
80.	In the past year, have you had to take insulin to help you control diabetes?					No 0	Yes 1
81.	In the past year, have you felt, or have others told you, that you eat less than you should?					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. Only outstanding performance is good enough in my family.

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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87. I try very hard to avoid disappointing my parents and teachers.

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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88. I need to be the best at things.

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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89. I feel that I must do things perfectly or not do them at all.

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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90. I have extremely high goals.

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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91. How often do you worry about what other people will think of you?

Never 1	A Little 2	Sometimes 3	A Lot 4	Always 5
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92. To feel good about yourself, how important is it to be physically strong?

Not At All Important 1	A Little Important 2	Pretty Much Important 3	A Lot Important 4	Totally Important 5
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93. To feel good about yourself, how important is it to be smart?

Not At All Important 1	A Little Important 2	Pretty Much Important 3	A Lot Important 4	Totally Important 5
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94. To feel good about yourself, how important is it to be thin?

Not At All Important 1	A Little Important 2	Pretty Much Important 3	A Lot Important 4	Totally Important 5
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95. To feel good about yourself, how important is it to stand up for yourself?

Not At All Important 1	A Little Important 2	Pretty Much Important 3	A Lot Important 4	Totally Important 5
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96. In the past year, has there been a supportive woman (role model) in your life who you look up to and/or talk to about the things that happen to you? No
0 Yes
1
97. Have other people told you that you have an eating disorder (like anorexia or bulimia, not simply being overweight)? No
0 Yes
1
98. Are you training to become a professional dancer or ballerina? No
0 Yes
1
99. Do you think that you have an eating disorder now (like anorexia or bulimia, not simply being overweight)? No
0 Yes
1
100. In the past year, have you trained for competition in any of the following sports:
- | | | | |
|-----------------|---------|----------|--|
| ice skating | No
0 | Yes
1 | |
| swimming | No
0 | Yes
1 | |
| gymnastics | No
0 | Yes
1 | |
| track and field | No
0 | Yes
1 | |
101. Has anyone in your family ever had an eating disorder? No
0 Yes
1
102. In the past year, have you felt pressured to have sex? No
0 Yes
1
103. Check any of these activities **THAT YOU PARTICIPATE IN** that make you feel really good about yourself -
- Organized sports** (for example, basketball, volleyball, softball, soccer)
- Swimming/diving**
- Track and field**
- Gymnastics**
- Community service** (for example, volunteer at a hospital or animal shelter)
- Scouting**
- 4H**
- Church youth groups**
- Journal club/Creative writing/Newspaper/Yearbook**
- Dance**
- Theater/Drama**
- Music/Band/Choir**
- Other** (please write it in: _____)
-