

## Weight Self-Stigma Questionnaire

If you are obese or overweight and are finding it difficult to manage feelings of shame or guilt about your body, then the Weight Self-Stigma Questionnaire (WSSQ; Lillis, Luoma, Levin, & Hayes, 2010) is presented here for you.

It contains questions designed to evaluate how much you fear the judgments of others, as well as what kinds of things your mind has been saying to you about your weight or body shape. Maybe you notice yourself hesitating to post your picture on your favorite social network, for fear of putting yourself out there. Perhaps holiday dinners with your loved ones elicit feelings of anxiety or panic about how to navigate different food choices. You might be tired of explaining your feelings about being overweight to your uncle or aunt who can't be bothered to listen.

As you know, *A Liberated Mind* walks through all of the psychological flexibility processes that make up ACT. I also included a section on specifically applying these skills to your own efforts related to diet and exercise. Importantly, my colleagues and I can say that there is data to suggest that the WSSQ printed here seems to move in response to an ACT related intervention (Lillis, Hayes, Bunting, & Masuda, 2009). I hope that you see your scores improve as you incorporate more and more psychological flexibility about your weight and body into your life.

## My Flexibility Scores

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Question	Completely Disagree    Completely Agree				
I'll always go back to being overweight.	1	2	3	4	5
I caused my weight problems.	1	2	3	4	5
I feel guilty because of my weight problems.	1	2	3	4	5
I became overweight because I am a weak person.	1	2	3	4	5
I would never have any problems with weight if I was stronger.	1	2	3	4	5
I don't have enough self-control to maintain a healthy weight.	1	2	3	4	5
I feel insecure about others' opinions of me.	1	2	3	4	5
People discriminate against me because I've had weight problems.	1	2	3	4	5
It's difficult for people who haven't had weight problems to relate to me.	1	2	3	4	5
Others will think I lack self-control because of my weight problems.	1	2	3	4	5
People think that I am to blame for my weight problems.	1	2	3	4	5
Others are ashamed to be around me because of my weight.	1	2	3	4	5

To find your score, simply sum all of your responses. None of your responses need to be reverse scored. Higher scores mean that you experience more shame related to your weight or body shape, while lower scores indicate that you experience less.

## References

Lillis, J., Hayes, S. C., Bunting, K., & Masuda, A. (2009). Teaching acceptance and mindfulness to improve the lives of the obese: A preliminary test of a theoretical model. *Annals of Behavioral Medicine, 37*(1), 58-69.

Lillis, J., Luoma, J.B., Levin, M.E., & Hayes, S.C. (2010). Measuring weight self-stigma: The Weight Self-Stigma Questionnaire. *Obesity, 18*(5), 971-976.