

SEEDS

These questions ask about you, your life and your health.

Please read each question carefully and answer honestly. Mark your answer by filling in one circle.

1.	How do you usually feel?	Very sad					Very Happy	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
2.	How would <u>your friends</u> describe you?	Grumpy					Cheerful	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
3.	How often do you compare how you look to those around you?	All the time					Not at all	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
4.	How well do you fit in with your friends?	Not very well					Very well	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
5.	How often do you feel in control of your life?	Never					Always	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
6.	How satisfied are you with how you look?	Very dissatisfied					Very satisfied	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
7.	How satisfying is your life?	Very unsatisfying					Very satisfying	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
8.	How well do <u>you</u> handle your feelings?	Poorly					Very well	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
9.	How would <u>your family members</u> describe your mood most of the time?	Grumpy					Cheerful	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
10.	How often do you feel your life is valuable?	Never					Always	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
11.	How well do <u>you</u> manage your stress?	Poorly					Very well	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
12.	How often do you think about your body shape and size?	All the time					Not at all	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
13.	How do <u>you</u> describe your mood?	Grumpy					Cheerful	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
14.	How satisfied are you with your body <u>shape</u> ?	Very dissatisfied					Very satisfied	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
15.	How satisfied are you with your body <u>size</u> ?	Very dissatisfied					Very satisfied	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
16.	How do you describe your moods?	Up and down					Steady	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
17.	How much do you think you matter to your family?	Not at all					Very much	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
18.	How do you feel when others around you talk about body shape and size?	Uncomfortable					Comfortable	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
19.	How much do you think you matter to your friends?	Not at all					Very much	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁
20.	How often do you think you meet the expectations your family has for you?	Never					Always	
		O ₇	O ₆	O ₅	O ₄	O ₃	O ₂	O ₁

