1. How old are you? \_\_\_\_\_\_

2. Have you ever engaged in some type of disordered eating (strict calorie restriction, excessive exercise, throwing up after eating, weighing yourself more than once a day, checking body in the mirror more than once a day)?

a. yes

b. no

2a. If you answered yes to the question above, how old were you when you engaged in

some type of disordered eating?

a. adolescence (12-18 years old)

b. young adulthood (19-30 years old)

c. both

3. Have you ever been medically diagnosed with anorexia nervosa, bulimia nervosa, binge-eating disorder, or body dysmorphia?

a. yes

b. no

3a. If you answered yes to the question above, how old were you when you were

diagnosed with anorexia nervosa, bulimia nervosa, binge-eating disorder, or body dysmorphia?

a. adolescence (12-18 years old)

b. young adulthood (19-30 years old)

4. What would you consider the “ideal” female body?

a. Extremely thin: ribs and collarbones exposed, thigh gap (ex. Kendall Jenner)

b. Thin: No fat but no bones exposed (ex. Kourtney Kardashian)

c. Fit: toned arms and legs, shaped butt, abs (ex. Jessica Biel)

d. None of the above, describe the “ideal” body: \_\_\_\_\_\_\_\_\_

5. Do you think you have what you consider the “ideal” female body?

a. yes

b. no

5a. If you answered no to the question above, does not having the “ideal” body make

you upset?

a. yes

b. no

5b. If you answered yes to the question above, do you/have you engage/engaged in

some type of disordered eating (strict calorie restriction, excessive exercise, throwing up after eating, weighing yourself more than once a day, checking body in the mirror more than once a day) to try to obtain your idea of the “ideal” body?

a. yes, I still do

b. no, I do not and never have

c. I have in the past

6. Where do you see females with your idea of the “ideal” body? (circle all that apply)

a. tv shows

b. Instagram

c. movies

d. magazines

6a. Do you compare yourself to the females with your idea of the “ideal” body after

seeing them in the media?

a. yes

b. no