

## Revised Antifat Attitudes Scale

---

---

*Instructions:* The following questions are concerned with how you perceive yourself across a variety of issues. For each statement, respond by circling the number that best represents your agreement with that statement. Many of the items are similar, so read each statement carefully.

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree  
1                              2                              3                              4                              5

- \_\_\_\_\_ 1. Fat people are less sexually attractive than thin people.
- \_\_\_\_\_ 2. I would have no problem dating someone overweight.
- \_\_\_\_\_ 3. On average, fat people are lazier than thin people.
- \_\_\_\_\_ 4. A person's weight is a genetic issue, so fat people are not to blame for their weight.
- \_\_\_\_\_ 5. It is disgusting when a fat person wears a bathing suit at the beach.
- \_\_\_\_\_ 6. Fat or thin, I have friends who are both.
- \_\_\_\_\_ 7. I tend to think that people who are overweight are a little untrustworthy.
- \_\_\_\_\_ 8. Overweight people are just as smart or dumb as thin.
- \_\_\_\_\_ 9. I have a hard time taking fat people too seriously.
- \_\_\_\_\_ 10. I have many close friends who are overweight.
- \_\_\_\_\_ 11. Fat people make me feel somewhat uncomfortable.
- \_\_\_\_\_ 12. If I were an employer, I would have no problem hiring someone overweight.
- \_\_\_\_\_ 13. Fat people can be just as attractive as thin people.
- \_\_\_\_\_ 14. I would never date a fat person.
- \_\_\_\_\_ 15. On average, fat people are just as active as thin people.
- \_\_\_\_\_ 16. Fat people have only themselves to blame for their weight.
- \_\_\_\_\_ 17. There is nothing wrong with an overweight person wearing a bathing suit at the beach.
- \_\_\_\_\_ 18. I really don't like fat people much.
- \_\_\_\_\_ 19. I have no problems trusting overweight people.
- \_\_\_\_\_ 20. Although some fat people are surely smart, I think they tend not to be quite as bright as normal weight people.
- \_\_\_\_\_ 21. I take overweight people seriously.
- \_\_\_\_\_ 22. I don't have many friends who are fat.
- \_\_\_\_\_ 23. I am very comfortable being around overweight people.
- \_\_\_\_\_ 24. If I were an employer looking to hire, I might avoid hiring a fat person.

SCORING: To compute your scores follow the instructions below:

1. Items 1-5 & 13-17 are the Antifat Attitudes Scale (AFAS)  
Items 6-12 & 18-24 are the Dislike of Fat People subscale (DFPS)

Source:

Wrench, J. S., & Knapp, J. L. (2008). The effects of body image perceptions and sociocommunicative orientations on self-esteem, depression, and identification and involvement in the gay community. *Journal of Homosexuality*, 55, 471-503.

Original Source:

Morrison, T. G., & O'Connor, W. E. (1999). Psychometric properties of a scale measuring negative attitudes toward overweight individuals. *The Journal of Social Psychology*, 139, 436-445.