
Weight Locus of Control

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. Being the ideal weight is a matter of luck.
- _____ 2. My weight is caused by my genetics, not by anything I do.
- _____ 3. If I exercise and eat right I can maintain/attain my ideal weight.
- _____ 4. My ideal weight is an attainable goal.
- _____ 5. A thin body is a result of lucky genetics.
- _____ 6. My weight is what I made of it.
- _____ 7. No matter how much effort one puts into diet and exercise, her or his weight tends to stay the same.
- _____ 8. Having a healthy body has very little to do with luck.
- _____ 9. Being overweight is a matter of choice.
- _____ 10. I have the ability to control my weight

SCORING: To compute your scores follow the instructions below:

1. Step One: Add scores for items 3, 4, 6, 8, & 10
Step Two: Add scores for items 1, 2, 5, 7, & 9.
Step Three: Add 42 to Step 1.
Step Four: Subtract the score for Step two from the score for Step Three.

Scores should be between 10 and 50. Participants who score above 30 have an internal locus of control. Participants below 30 have an external locus of control.

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.
