Antifat Attitudes Questionnaire (AFA)\textsuperscript{1}

The AFA is scored using a Likert-type response format (0 = very strongly disagree; 9 = very strongly agree). Higher scores indicate stronger anti-fat attitudes.

Dislike
1. I really don’t like fat people much.
2. I don’t have many friends that are fat.
3. I tend to think that people who are overweight are a little untrustworthy.
4. Although some fat people are surely smart, in general, I think they tend not to be quite as bright as normal weight people.
5. I have a hard time taking fat people too seriously.
6. Fat people make me somewhat uncomfortable.
7. If I were an employer looking to hire, I might avoid hiring a fat person.

Fear of Fat
8. I feel disgusted with myself when I gain weight.
9. One of the worst things that could happen to me would be if I gained 25 pounds.
10. I worry about becoming fat.

Willpower
11. People who weigh too much could lose at least some part of their weight through a little exercise.
12. Some people are fat because they have no willpower.
13. Fat people tend to be fat pretty much through their own fault.