

## Antifat Attitudes Questionnaire (AFA)<sup>1</sup>

*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.

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<sup>1</sup> Crandall, C.S. (1994). Prejudice against fat people: Ideology and self-interest. *Journal of Personality and Social Psychology*, 66, 882-894.