WEIGHT-BASED REJECTION SENSITIVITY SCALE (W-RS)

Each of the items below describes different scenarios that people might find themselves in. Imagine yourself in each situation and circle the number that best indicates how you would feel.

1. Imagine that at the first practice of an athletic team that you just joined, two captains start choosing players for their respective teams.
   a. How concerned/anxious would you be over whether you would be among the last picked because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that I would be among the last picked. very unlikely (1) to very likely (6)

2. Imagine you have just completed a job interview over the telephone to be a fitness instructor. You are in good spirits because the interviewer seemed enthusiastic about your application. Several days later you complete a second interview in person. Your interviewer informs you that they will let you know about their decision soon.
   a. How concerned/anxious would you be over whether you would get the job because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that I would not get the job. very unlikely (1) to very likely (6)

3. Imagine that you have signed up for an online dating service. You post a photo of yourself.
   a. How concerned/anxious would you be over whether or not anyone will contact you because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that people wouldn’t be interested in contacting me. very unlikely (1) to very likely (6)

4. Imagine that you are at work, and someone brings in a box of donuts for the office to share. As you are leaning to pick one up, your coworker walks by and comments on the number of calories in the donuts.
   a. How concerned/anxious would you be over whether your coworker was making this comment specifically to you, because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that my coworker would make the comment specifically to me. very unlikely (1) to very likely (6)
5. Imagine that your friend has signed up for Habitat for Humanity, a program that builds houses for charity. She is trying to get a team of people to do it with her.
   a. How concerned/anxious would you be over whether she would consider asking you to join, because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that she wouldn’t ask me to join. very unlikely (1) to very likely (6)

6. Imagine that you are set up on a blind date. You thought that the date went well and you like the person but he or she has not called you for a couple days.
   a. How concerned/anxious would you be over whether the person has not called you because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect this person to not call me. very unlikely (1) to very likely (6)

7. Imagine that you are visiting family for the holidays. Your relative greets you hello, and begins talking with you.
   a. How concerned/anxious would you be over whether your relative will comment about your weight? very unconcerned (1) to very concerned (6).
   b. I would expect this relative to make comments on my weight. very unlikely (1) to very likely (6)

8. Imagine that you are at the grocery store, and you are purchasing chips, ice cream, and soda for a party you are throwing.
   a. How concerned/anxious would you be over whether the cashier would be judging your purchases because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect this person to judge me. very unlikely (1) to very likely (6)

9. Imagine that you walk into a trendy shop to pick out a new shirt. The shop is fairly empty, and the salesperson sees you walk in.
   a. How concerned/anxious would you be over whether the salesperson will come over to help you? very unconcerned (1) to very concerned (6).
   b. I would expect that the salesperson would ignore me. very unlikely (1) to very likely (6)

10. Imagine that you have taken your seat on an airplane. After everyone has boarded, it appears as though there are a couple empty seats. You hear the person next to you ask the flight attendant whether he can switch seats.
    a. How concerned/anxious would you be over whether the person is trying to switch seats because of your weight? very unconcerned (1) to very concerned (6).
    b. I would expect that the person wants to switch seats because of my weight. very unlikely (1) to very likely (6)
11. Imagine that as you are walking up to your friends, you overhear them talking about a bike ride that they’d like to do over the weekend. They invite you to join them, but you can’t go because you already have other plans.
   a. How concerned/anxious would you be over whether your friends will think that you just don’t want to go, because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that my friends would think that I didn’t want to go. very unlikely (1) to very likely (6)

12. Imagine that you are at the doctor’s office for a routine visit. Before you see the doctor, a nurse measures your current height and weight.
   a. How concerned/anxious would you be over whether the nurse would comment negatively on your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that the nurse would comment negatively on my weight. very unlikely (1) to very likely (6)

13. Imagine that you are at the park. Two children are talking nearby, out of earshot. You notice that both are also staring at you and smirking.
   a. How concerned/anxious would you be over whether the children are talking about your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that the children are talking about my weight. very unlikely (1) to very likely (6)

14. Imagine that you are in a rush to get to a meeting that is two floors up. The stairs are right next to the elevator, but because you are in a rush, you decide to take the elevator.
   a. How concerned/anxious would you be over whether the surrounding people would judge you for taking the elevator, because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that the surrounding people would judge me. very unlikely (1) to very likely (6)

15. Imagine that it is your birthday, and your friends decide to take you out to a buffet for dinner. You are in the buffet line and you put all of your favorite foods on your plate. You see a thin woman next to you glance at you and your plate.
   a. How concerned/anxious would you be over whether the woman was judging all of the food on your plate, because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that the woman would judge me. very unlikely (1) to very likely (6)
16. You and several others approach your professor after class, because she has offered to let one person be her teaching assistant for the following semester.
   a. How concerned/anxious would you be over whether your professor would choose someone else over you, because of your weight? very unconcerned (1) to very concerned (6).
   b. I would expect that my professor wouldn’t choose me. very unlikely (1) to very likely (6)