

"THIS IS ME" SCALE

1	2	3	4	5	6	7	8
Definitely		Mostly	More False	More True	Mostly		Definitely
False	False	False	than True	than False	True	True	True

PLEASE CIRCLE THE NUMBER WHICH IS THE MOST CORRECT STATEMENT ABOUT YOU

- Q.36 I like to be as active as possible and get involved in games and sports and physical activities as much as I can. 1 2 3 4 5 6 7 8 I do not like a lot of physical activity and avoid sports, games and physical activities.
- Q.37 Overall I am not a physically good looking person and do not have an attractive face and features. 1 2 3 4 5 6 7 8 Overall I am a physically good looking person with an attractive face and features.
- Q.38 I have a poor body build. The proportion and shape of my body is not good. 1 2 3 4 5 6 7 8 I have a good body build. It is a good shape and in good proportion.
- Q.39 My general health is poor. I seem to get sick alot. 1 2 3 4 5 6 7 8 My general health is very good. I am not sick very often and get better quickly if I do get sick.
- Q.40 I have poor co-ordination and agility and am not physically capable. 1 2 3 4 5 6 7 8 I have good co-ordination and agility and am physically very capable.
- Q.41 In total there are alot of things about myself such as appearance, co-ordination strength, physical ability that I would like to change. 1 2 3 4 5 6 7 8 In total there are not many things about myself such as appearance, co-ordination, strength and physical ability that I would like to change.
- Q.42 I am not a physically strong, muscular person. 1 2 3 4 5 6 7 8 I am a physically strong, muscular person.
- Q.43 Overall when I think of myself physically, I do not feel very good about myself. 1 2 3 4 5 6 7 8 Overall when I think of myself physically I feel very good and positive about myself.

PLEASE CHECK THAT YOU HAVE ANSWERED EACH QUESTION. THANK YOU FOR YOUR ASSISTANCE.

OFFICE USE ONLY: ENTERED.....

SC(T) AC.... AP.... B.... H.... P.... SA.... ST.... T....
 SC(x) AC.... AP.... B.... H.... P.... SA.... ST.... T....
 SC(sum) AC.... AP.... B.... H.... P.... SA.... ST.... T....

This form completed by
 GIVEN NAME SURNAME

MALE/FEMALE
 DATE OF BIRTH .../.../...
 AGE ...YRS. ...MTHS...

YOUR GROUP TODAY'S DATE.../.../...

PLEASE DO NOT OPEN YET

This is a chance for you to consider how you think and feel about yourself in some ways. This is not a test - there are no right or wrong answers, and everyone will have different responses.

It is important that you give your own views and that you be honest in your answers and do not talk to others while you are thinking about your answers. They will be used only for research purposes and will in no way be used to refer to you as an individual at any time.

On the following pages are a number of statements that are more or less true (or more or less false) descriptions of you. Please use the eight point scale on the left to indicate how true (or false) each item is as a description of you.

Answer the items as you feel now, even if you felt differently at some other time in your life. Please do not leave any items blank.

Please circle the number which best describes you on the "This is me" scale for each statement.

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FALSE: the statement doesn't describe you. It isn't like you.

TRUE: the statement describes you. It's like you.

SOME EXAMPLES:

1 2 3 4 5 6 7 8 Q.A
 False True I am a fast runner

In this example the 6 has been circled because the person answering believes the statement "I am a fast runner" is "Mostly True" about him/her

1 2 3 4 5 6 7 8 Q.B
 False True I wish I were better at swimming

In this example the 2 has been circled because the person answering believes the statement "I wish I was better at swimming" is false as far as he/she is concerned. That is, he/she is happy about his/her swimming ability.

1 2 3 4 5 6 7 8 Q.C
 False True I do not like climbing hills

In this example the person has marked 8 because he/she really does not like climbing hills so the statement is definitely true about him/her

STOP: Are you sure about what to do? If YES then please turn the page and circle your answers for all 35 questions. If NO then please ask for help.

PLEASE give HONEST, PRIVATE answers

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PLEASE CIRCLE THE NUMBER WHICH IS THE MOST CORRECT STATEMENT ABOUT YOU

THIS IS ME

STATEMENTS

- 1 2 3 4 5 6 7 8
False True
Q. 1 I like the body build I have.
- 1 2 3 4 5 6 7 8
False True
Q. 2 I would like to be physically more able.
- 1 2 3 4 5 6 7 8
False True
Q. 3 I am good looking.
- 1 2 3 4 5 6 7 8
False True
Q. 4 I seem to be always catching some sickness.
- 1 2 3 4 5 6 7 8
False True
Q. 5 I like to take things easy and avoid physical activity, games or sports.
- 1 2 3 4 5 6 7 8
False True
Q. 6 My body is a good shape and in good proportion.
- 1 2 3 4 5 6 7 8
False True
Q. 7 Physically I have good co-ordination.
- 1 2 3 4 5 6 7 8
False True
Q. 8 I am not physically strong.
- 1 2 3 4 5 6 7 8
False True
Q. 9 I am a nice looking person.
- 1 2 3 4 5 6 7 8
False True
Q. 10 I like to keep out of games, sports and other physical activities.
- 1 2 3 4 5 6 7 8
False True
Q. 11 I get sick more often than most people.
- 1 2 3 4 5 6 7 8
False True
Q. 12 My natural co-ordination and agility are good.
- 1 2 3 4 5 6 7 8
False True
Q. 13 My body is out of proportion and not a good shape.
- 1 2 3 4 5 6 7 8
False True
Q. 14 I am a physically strong person.
- 1 2 3 4 5 6 7 8
False True
Q. 15 I would like to be more physically attractive.
- 1 2 3 4 5 6 7 8
False True
Q. 16 I dislike sports and physical activities.
- 1 2 3 4 5 6 7 8
False True
Q. 17 I generally have good health and am not often sick.
- 1 2 3 4 5 6 7 8
False True
Q. 18 I have a pleasant looking face.

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PLEASE CIRCLE THE NUMBER WHICH IS THE MOST CORRECT STATEMENT ABOUT YOU

THIS IS ME

STATEMENTS

- 1 2 3 4 5 6 7 8
False True
Q. 19 I am stronger than other people my age.
- 1 2 3 4 5 6 7 8
False True
Q. 20 I would like to have better co-ordination and agility.
- 1 2 3 4 5 6 7 8
False True
Q. 21 My body weight is about right (neither too fat nor too skinny).
- 1 2 3 4 5 6 7 8
False True
Q. 22 I have had a lot of sickness in my life.
- 1 2 3 4 5 6 7 8
False True
Q. 23 I have nice features like nose, eyes and hair.
- 1 2 3 4 5 6 7 8
False True
Q. 24 I would like to have a stronger body.
- 1 2 3 4 5 6 7 8
False True
Q. 25 I hate playing sports and doing physical activities.
- 1 2 3 4 5 6 7 8
False True
Q. 26 I am physically unco-ordinated.
- 1 2 3 4 5 6 7 8
False True
Q. 27 I have nice face features.
- 1 2 3 4 5 6 7 8
False True
Q. 28 I only like short periods of physical activity.
- 1 2 3 4 5 6 7 8
False True
Q. 29 I have a strong muscular body.
- 1 2 3 4 5 6 7 8
False True
Q. 30 I am good at activities where I have to use physical co-ordination.
- 1 2 3 4 5 6 7 8
False True
Q. 31 I am not very strong.
- 1 2 3 4 5 6 7 8
False True
Q. 32 If I get sick I get well quickly.
- 1 2 3 4 5 6 7 8
False True
Q. 33 I wish I were better at sports, games and activities.
- 1 2 3 4 5 6 7 8
False True
Q. 34 My body is a good shape.
- 1 2 3 4 5 6 7 8
False True
Q. 35 I have good balance and co-ordination.

PLEASE CHECK THAT YOU HAVE ANSWERED EACH QUESTION THEN TURN OVER AND COMPLETE THE BACK PAGE.