

Name:

Date:

The following questionnaire relates to your motivation to change behaviours and attitudes related to your eating disorder. It is not unusual for individuals with eating disorders to present with low levels of motivation to change or to experience ambivalent feelings about change. It is important that you respond to these questions as honestly as possible, since your answers may contribute to your individual treatment within this service. In addition, honest responses will help contribute to more accurate (and therefore useful) research.

Bulimia Nervosa Stages of Change Questionnaire

DIRECTIONS: Each of the items below is made up of five statements. For each item, please read the five statements carefully and select the one which best describes your *current* attitude or behaviour (not how you have been in the past or how you would like to be). Please choose one answer only for every question. If you have any problems, please ask for assistance.

1. The following statements refer to body weight:

- a) As far as I am concerned, I do not need to weight at least ____kg (insert your minimal normal weight).
- b) In some ways I think that I might be better off if I weighed at least ____kg.
- c) I have decided that I will attempt to reach at least ____kg.
- d) At the moment I am putting in a lot of effort to reach at least ____kg.
- e) I am working to maintain a weight of at least ____kg.

2. The following statements refer to parts of your body which may particularly concern you in terms of weight gain (such as hips, thighs, stomach or buttocks):

- a) There is no way I would be prepared to gain weight on these body parts.
- b) Sometimes I think I would be prepared to gain weight on these body parts.
- c) I have decided that I am prepared to gain weight on these body parts.
- d) I am presently trying to gain weight on these body parts.
- e) I am working to maintain the weight I gained on these body parts.

3. The following statements refer to the importance of body shape and weight:

- a) I do not exaggerate the importance of my body shape or weight in determining my happiness and success.
- b) Sometimes I think that I exaggerate the importance of my body shape or weight in determining my happiness and success.
- c) I have decided that I need to reduce the importance that I place on my body shape or weight in determining my happiness and success.
- d) I often try to challenge the importance that I place on my body shape or weight in determining my happiness and success.
- e) I have succeeded in reducing my tendency to place too much importance on my body shape or weight in determining my happiness and success and want to stay this way.

4. The following statements refer to a fear of fatness:

- a) My fear of becoming fat is not excessive.
- b) I occasionally think that my fear of becoming fat is excessive.
- c) I have decided that I need to do something about the fear I have of becoming fat because it is controlling me.
- d) I know that my fear of becoming fat has caused problems and I am now trying to correct this.
- e) I have succeeded in reducing my fear of becoming fat and I want it to stay this way.

5. The following statements refer to weight loss:

- a) I would prefer to lose more weight.
- b) Sometimes I think that it might be time to stop losing weight.
- c) I have decided that it is time to stop losing weight.
- d) I am trying to stop losing weight.
- e) I have managed to stop losing weight and hope to stay this way.

6. The following statements refer to body fat versus muscle:

- a) I might think about gaining muscle on purpose, but I would never think of gaining fat on purpose.
- b) Sometimes I think that I may need to gain some fat even though I would prefer to have only muscle.
- c) I have decided that to be healthy I need to have some fat on my body.
- d) I realise that I need to have some fat on my body and I am working to achieve this.
- e) I have managed to increase the level of fat on my body which I am trying to maintain.

7. The following statements refer to certain shape and weight standards, which you may have for evaluating your body (such as only being satisfied with your body when your thighs are not touching, when specific bones can be seen, when your stomach is flat, when you are below a certain weight or when you fit into certain clothes):

- a) The standards I use to evaluate my body are not too strict.
- b) Sometimes I think that the standards I use to evaluate my body are too strict.
- c) I have decided that the standards I use to evaluate my body are too strict and need to be changed.
- d) I am putting in a lot of effort to change the strict standards which I use to evaluate my body.
- e) I have managed to let go of the strict standards which I used in the past to evaluate my body and I am hoping to keep it this way.

8. The following statements refer to certain foods which you may avoid eating (such as food high in calories or fat, red meat, dairy products or food where the caloric content is unknown):

- a) There are certain foods which I strictly avoid and would not even consider eating.
- b) There are certain foods which I try to avoid, although sometimes I think that it might be okay to eat them occasionally.
- c) I think that I am too strict in the foods which I allow myself to eat and have decided that I will attempt to eat foods which I usually avoid.
- d) I am putting in a lot of effort to regularly eat foods which I usually avoid.
- e) I used to avoid eating certain foods which I now eat regularly.

9. The following statements refer to daily food consumption:

- a) There is no need for me to eat 3 standard-size meals and a snack each day.
- b) Sometimes I think that I should eat 3 standard-size meals and a snack each day.
- c) I have decided that I need to eat 3 standard-size meals and a snack each day.
- d) I am putting in a lot of effort to eat 3 standard-size meals and a snack each day.
- e) I am working to maintain a current eating pattern which includes 3 standard-size meals and a snack each day.

10. The following statements refer to time spent thinking about your weight (such as thoughts about becoming fat, counting the calories or fat content of food, or calculating the amount of energy used when exercising):

- a) There is nothing wrong with the amount of time I spend thinking about food and my weight.
- b) The amount of time I spend thinking about food and my weight is a problem sometimes.
- c) I have decided that I need to use strategies that help me reduce the amount of time I spend thinking about food and my weight.
- d) I am using strategies to help me reduce the amount of time I spend thinking about food and my weight.
- e) I used to spend too much time thinking about food and my weight which I have managed to reduce and I am working to keep it this way.

11. The following statements refer to certain eating behaviours (such as needing to eat food at a specific rate or time, being unable to eat from a full plate, moving food around on the plate, taking longer than others to eat meals, having difficulty eating with others, needing to chew food a certain number of times, not allowing food to touch your lips, needing to eat food in a specific order or needing to stick to the same food plan each day):

- a) There is nothing that I need to change about the way I eat my meals.
- b) I sometimes think that I need to change aspects of the way I eat my meals.
- c) I have decided that I will try to change aspects of the way I eat my meals.
- d) I am putting in a lot of effort to change aspects of the way I eat my meals.
- e) I have succeeded in changing aspects of the way I eat my meals and want it to stay this way.

12. The following statements refer to binge eating episodes (the consumption of large amounts of food and with a feeling of loss of control) that you have:

- a) It is impossible to stop my binge eating because I'm not going to control it.
- b) I am not sure whether I am going to stop my binge eating.
- c) I am becoming increasingly confident that I am going to stop my binge eating.
- d) I am confident that I am going to stop my binge eating.
- e) I am confident that I can use strategies to stop my binge eating if it appears again.

13. The following statements refer to the fear of not being able to stop eating when you have started meals like breakfast, lunch, snacks or dinner:

- a) It is impossible to stop eating once I have started.
- b) I am not sure whether I am going to stop eating once I have started.
- c) I am becoming increasingly confident that I am going to stop eating once the meal is finished.
- d) I am confident that I am going to stop eating once the meal is finished.
- e) I have managed to stop eating once the meal is finished.

14. The following statements refer to feelings associated with eating (such as feeling guilty, anxious or bloated) and not eating (such as feeling successful, in control, or spiritually stronger):

- a) There is no need for me to change the feelings I associate with eating and not eating.
- b) I sometimes think that I need for me to change the feelings I associate with eating and not eating.
- c) I have decided that I will try to change the feelings I associate with eating and not eating.
- d) I am putting in a lot of effort to change the feelings I associate with eating and not eating.
- e) I have succeeded in changing the feelings I associate with eating and not eating and want it to stay this way.

15. The following statements refer to food restriction during meals to control your weight:

- a) There is nothing seriously wrong in food restriction to control my weight.
- b) I have been thinking that there may be problems associated with food restriction to control my weight.
- c) I have decided that I will attempt to stop using food restriction to control my weight.
- d) I am putting in a lot of effort to stop using food restriction to control my weight.
- e) I have managed to stop using food restriction to control my weight and hope to stay this way.

16. The following statements refer to methods which you may use to control your weight (such as exercising, vomiting, taking laxatives or other pills). You may select more than one statement for the different methods you use to control your weight. Please indicate which weight control method/s you are referring to in the blank space/s provided.

- a) There is nothing seriously wrong with the methods (_____) I use to control my weight.
- b) I have been thinking that there may be problems associated with the methods (_____) use to control my weight.
- c) I have decided that I will attempt to stop using certain methods (_____) to control my weight.
- d) I am putting in a lot of effort to stop using certain methods (_____) to control my weight.
- e) I have managed to stop using certain methods (_____) to control my weight and would like to keep it this way.

17. The following statements refer to certain emotional problems (such as feeling depressed, anxious or irritable):

- a) I do not have any emotional problems which I need to work on.
- b) I sometimes think that I may have certain emotional problems which I need to work on.
- c) I have certain emotional problems which I have decided to work on.
- d) I am actively working on my emotional problems.
- e) My emotional problems have improved and I am trying to keep it this way.

18. The following statements refer to certain characteristics (such as perfectionism or feeling a sense of lack of control over your life):

- a) I do not have any problems in the way I approach life which I need to work on.
- b) I sometimes think that I may have certain problems in the way I approach life which I need to work on.
- c) I have certain problems in the way I approach life which I have decided to work on.
- d) I am actively working on problems in the way I approach life.
- e) The problems in the way I approach life have improved and I am trying to keep it this way.

19. The following statements refer to relationship problems (such as relationships with family or friends):

- a) I do not have any problems in my relationships with others which I need to work on.
- b) I sometimes think that I may have certain problems in my relationships with others which I need to work on.
- c) I have certain problems in my relationships with others which I have decided to work on.
- d) I am actively working on problems in my relationships with others.
- e) The problems in my relationships with others have improved and I am trying to keep it this way.

20. The following statements refer to taking part in treatment:

- a) It is impossible that I follow the treatment programme.
- b) I am not sure whether I am going to follow the treatment programme.
- c) I am becoming increasingly confident that I am going to follow the treatment programme.
- d) I am confident that I am going to follow the treatment programme.
- e) I am confident that I'm going to use the strategies I gained from the treatment programme if my problem recurred.

BNSOCQ Scoring

Score of 1-5 for each question:

- 1. Precontemplation**
- 2. Contemplation**
- 3. Preparation**
- 4. Action**
- 5. Maintenance**

Unlike the ANSOCQ, only one item may be endorsed on the BNSOCQ.

Add all the scores up to get a total between 20 and 100. Divide by 20 to get the overall *Stage of Change*.

Q1_____ Q2_____ Q3_____ Q4_____ Q5_____

Q6_____ Q7_____ Q8_____ Q9_____ Q10_____

Q11_____ Q12_____ Q13_____ Q14_____ Q15_____

Q16_____ Q17_____ Q18_____ Q19_____ Q20_____

Total Score _____

Divided by 20 _____

< 1.5 = precontemplation

1.5 – 2.4 = contemplation

2.5 – 3.4 = preparation

3.5 – 4.4 = action

≥ 4.5 = maintenance

Overall Stage Classification _____