

Supplementary material

Survey questions

- **Perceived Stress Scale [18]**

Adapted from the original survey.

Instruction: The statements in this scale are about your feelings and thoughts *right now, in this very moment*. In each case, you will be asked to indicate your agreement to each item.

Scale:

1-----2-----3-----4-----5-----6-----7

Strongly disagree

Strongly agree

1. Right now, I would feel upset if something happened unexpectedly.
2. Right now, I feel that I am unable to control the important things in my life.
3. Right now, I feel nervous and “stressed”.
4. Right now, I feel confident about my ability to handle personal problems.
5. Right now, I feel that things are going my way.
6. Right now, I cannot cope with all the things that I have to do.
7. Right now, I am able to control irritations in my life.
8. Right now, I feel that I am on top of things.
9. Right now, I feel angry because of things that are outside of my control.
10. Right now, I feel difficulties are piling up so high that I would not be able to overcome them.

- **Body Affirmation [19]**

This is a sub score in the Fat group identifications survey.

1. I believe that “Big is Beautiful.”
2. My body size is sexy.
3. I am a better person because of my body weight.
4. I am proud of my body weight.
5. My body size enriches my life.

- **Perceived Weight Discrimination [19]**

This is a sub score in the Fat group identifications survey.

1. Fat people are stigmatized.
2. Fat people are discriminated against more than people who are not fat.
3. The biggest problem faced by fat people is the attitudes of other people.
4. Lack of accessibility and discrimination by employers are the main reasons why fat people are unemployed.

- **Trust In Physician Scale [20]**

Scale: 1=Strongly Disagree; 5=Strongly Agree

1. I doubt that my doctor really cares about me as a person.
2. My doctor is usually considerate of my needs and puts them first.

3. I trust my doctor so much I always try to follow his/her advice.
4. If my doctor tells me something is so, then it must be true.
5. I sometimes distrust my doctor's opinion and would like a second one.
6. I trust my doctor's judgments about my medical care.
7. I feel my doctor does not do everything he/she should for my medical care.
8. I trust my doctor to put my medical needs above all other considerations when treating my medical problems.
9. My doctor is a real expert in taking care of medical problems like mine.
10. I trust my doctor to tell me if a mistake was made about my treatment.
11. I sometimes worry that my doctor may not keep the information we discuss totally private.

- **Weight loss desire [19]**

This is a sub score in the Fat group identifications survey.

1. I identify strongly with the people who are trying to lose weight.
2. I believe that dieting and weight-loss are effective for most people.
3. Losing weight is important to me.
4. I prefer to be thin.
5. Fat people should try to lose weight.