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Eating attitudes, body image satisfaction, and self-esteem of South African urban adolescents: the impact of acculturation

Gitau, Tabither Muthoni

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University of the Witwatersrand
Department of Paediatrics and Child Health

BIRTH TO TWENTY NON-COHORT PARTICIPANTS
EAT STUDY

DATE: Day ☐☐ **Month** ☐☐ **Year** ☐☐☐☐

STUDY ID NUMBER: ☐☐☐ **Male or Female:** ☐ **Age:** ☐

School type (private / model C): ☐

CHECKLIST

Item	Research Assistant
Informed Consent	
Height	
Weight	
Acculturation	
Self-esteem	
Multigroup Ethnic Identity Measure	
Satisfaction with current weight and body size	
Eating attitudes test	
Body image self-assessment	

ACCULTURATION

	1st	2nd	3rd
My 3 favourite musicians are?			
My 3 favourite foods are?			
The 3 people that are my role models are?			
The 3 people who have a body that I would like to have are?			
My 3 favourite sports stars are?			
My 3 favourite celebrities are?			

ROSENBERG SELF-ESTEEM SCALE

	A lot like me	A bit like me	Not very like me	Not at all like me
1. On the whole, I am satisfied with myself	1	2	3	4
2. At times I think I am no good at all	1	2	3	4
3. I feel that I have a number of good qualities	1	2	3	4
4. I am able to do things as well as most other people	1	2	3	4
5. I feel I do not have much to be proud of	1	2	3	4
6. I certainly feel useless at times	1	2	3	4
7. I feel that I am a person of worth, at least on an equal plane with others	1	2	3	4
8. I wish I could have more respect for myself	1	2	3	4
9. All in all, I am inclined to feel that I am a failure	1	2	3	4
10. I take a positive attitude towards myself	1	2	3	4

MULTIGROUP ETHNIC IDENTITY MEASURE

In South Africa, people come from many different countries and cultures, and there are many different words to describe the different cultures that people come from. Such as Zulu, Sotho, Xhosa, Venda, Pedi, Tsonga, Tswana, Swati, Ndebele, English South African, Afrikaans, Jewish, Greek, Portuguese and many others.
These questions are about your culture and how you feel about it or react to it.

Please fill in: In terms of culture, I consider myself to be _____

Indicate how much you agree or disagree with each statement.

Statement	Strongly Agree	Agree	Disagree	Strongly Disagree
I have spent time trying to find out more about my culture, such as its history, traditions, and customs				
I am active in social groups (e.g. friendship circles, clubs, youth groups) that include mostly members of my own cultural background				
I have a clear sense of my cultural background and what it means for me				
I think a lot about how my life will be affected by belonging to my culture				
I am happy that I am a member of the culture I belong to				
I have a strong sense of belonging to my own culture				
I understand pretty well what my culture membership means to me				
In order to learn more about my cultural background, I have often talked to other people about my culture.				
I have a lot of pride in my culture				
I participate in cultural practices of my own group, such as special food, music, or customs.				
I feel a strong attachment towards my own culture				
I feel good about my cultural background				
I feel influenced by cultures from America and Europe (e.g. lifestyle, fashion, speech)				

My father's culture is? _____

My mother's culture is? _____

If you could choose a favourite culture that you would like to belong to, which culture would that be?

What is you favourite "soap" on television and why?

SATISFACTION WITH CURRENT WEIGHT AND BODY SIZE

1.1 How satisfied are you with your **weight**?

Very satisfied | fairly satisfied | in between | fairly dissatisfied | very dissatisfied

1.2 How satisfied are you with your **body shape (your whole body)**?

Very satisfied | fairly satisfied | in between | fairly dissatisfied | very dissatisfied

1.3 How satisfied are you with the size of your **muscles (your whole body)**?

Very satisfied | fairly satisfied | in between | fairly dissatisfied | very dissatisfied

1.4 How satisfied are you with your **hips.**

Very satisfied | fairly satisfied | in between | fairly dissatisfied | very dissatisfied

1.5 How satisfied are you with your **thighs**.

Very satisfied | fairly satisfied | in between | fairly dissatisfied | very dissatisfied

1.6 How satisfied are you with your **chest.**

Very satisfied | fairly satisfied | in between | fairly dissatisfied | very dissatisfied

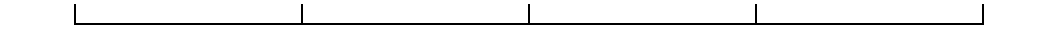
1.7 How satisfied are you with your **stomach**.

Very satisfied | fairly satisfied | in between | fairly dissatisfied | very dissatisfied

1.8 How satisfied are you with the size/width of your **shoulders.**

Very satisfied | fairly satisfied | in between | fairly dissatisfied | very dissatisfied

1.9 How satisfied are you with your **legs**.



1.10 How satisfied are you with your **arms.**



1.11 How scared are you of becoming fat (**choose only one**):

a) Not scared at all
b) A little scared
c) Very scared

1.12 How scared are you of not being able to build big muscles (**choose only one**):

d) Not scared at all
e) A little scared
f) Very scared

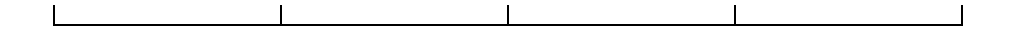
1.13 Do you think that you are **thin**?



1.14 Do you think that you are **fit** (do not get tired easily when you do exercise)?



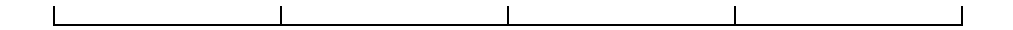
1.15 Do you think that you are **athletic** (good at sport)?



1.16 Do you think that you are **fat**?



1.17 Do you think that you are **out-of-shape** (get tired easily when you do exercise)?



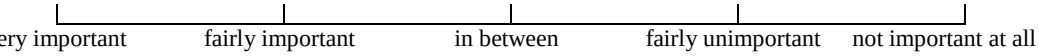
1.18 How important to you is **what you weigh** compared to other things in your life?



1.19 How important is the **shape of your body** compared to other things in your life?



1.20 How important is the **size and strength of your muscles** compared to other things in your life?



WEIGHT CHANGE ATTEMPTS

2.1 Have you tried to **lose weight** during the past year?

Yes	No

2.1.1 If yes, what was the **most important** reason (mark only one)?

a) It is healthy
b) I want to look better
c) My clothes were too tight
d) I am too fat compared to my friends
e) I am unhappy with myself
f) Any other reason, specify……

2.1.2 If you did try to **lose weight**, describe all the methods you have tried. Include any information on diet, exercise, pills or anything else that you have tried.

2.2 Did you try to **build more muscles** during the past year?

Yes	No

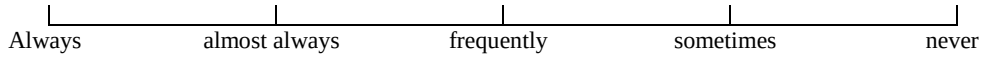
2.2.1 If yes, what was the most important reason (mark only one)?

a) It is healthy
b) I wanted to look better
c) I have too little muscles compared to my friends
d) I am unhappy with myself
e) Other reasons, specify……

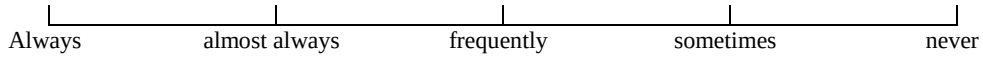
2.2.2 If you did **try to build more muscles**, describe all the methods you have tried. Include any information on diet, exercise, pills or anything else that you have tried.

BODY CHANGE STRATEGIES TO REDUCE WEIGHT

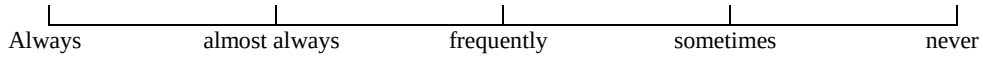
3.1 How often do you feel like changing the types of foods you eat so that you can lose weight?



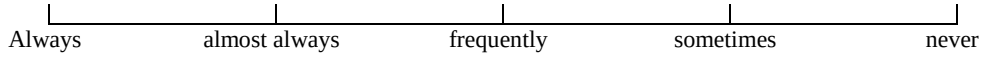
3.2 How often do you change your eating to decrease your body size?



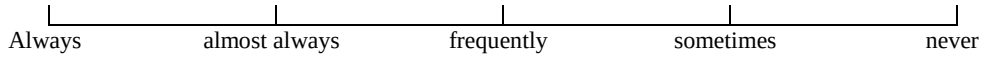
3.3 How often do you change your levels of exercise to decrease your body size?



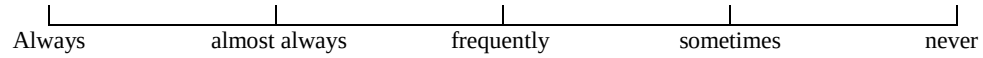
3.4 How often do you think about changing your levels of exercise to decrease your body size?



3.5 How often do you worry about changing your eating to decrease your body size?

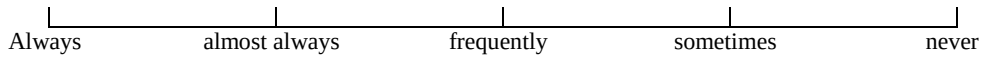


3.6 How often do you think about exercising to lose weight?

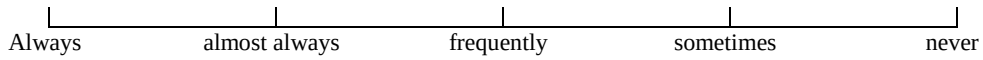


BODY CHANGE STRATEGIES TO INCREASE WEIGHT

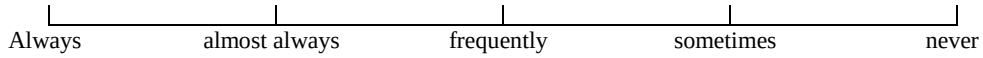
4.1 How often do you change your eating to increase your body size?



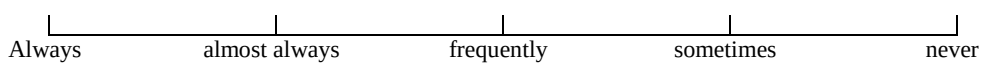
4.2 How often do you change your levels of exercise to increase your body size?



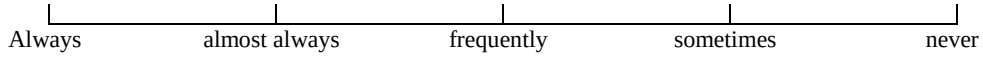
4.3 How often do you think about changing your eating to increase your body size?



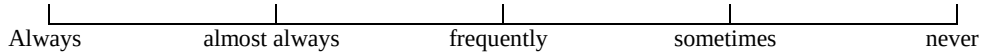
4.4 How often do you think about changing your levels of exercise to increase your body size?



4.5 How often do you worry about changing your eating to increase your body size?

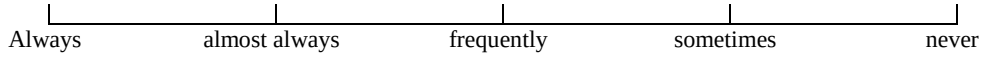


4.6 How often do you worry about changing your levels of exercise to increase your body size?

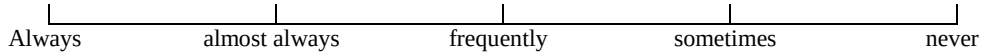


BODY CHANGE STRATEGIES TO INCREASE MUSCLES

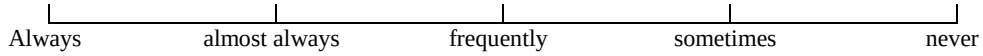
5.1 How often do you change your levels of exercise to increase the size of your muscles?



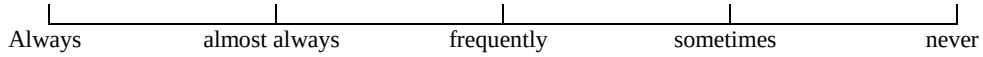
5.2 How often do you change your food supplements to increase the size of your muscles?



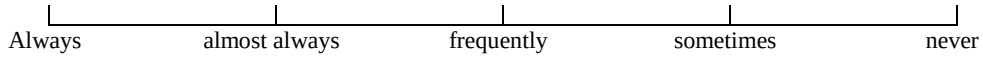
5.3 How often do you think about changing your eating to increase the size of your muscles?



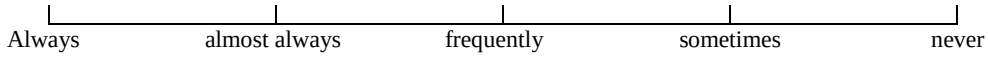
5.4 How often do you think about changing your levels of exercise to increase the size of your muscles?



5.5 How often do you worry about changing your eating to increase the size of your muscles?

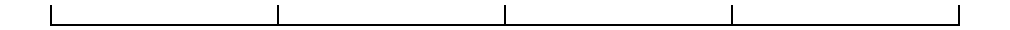


5.6 How often do you worry about changing your levels of exercise to increase the size of your muscles?

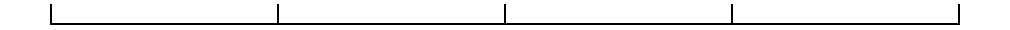


HOW IMPORTANT ARE THE FOLLOWING PERSONS/FACTORS IN INFLUENCINGYOUR FEELINGS ABOUT YOUR BODY SIZE AND SHAPE?

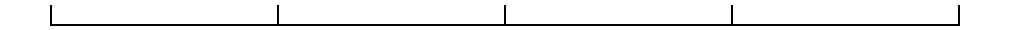
6.1 Your father (or other adult males if you do not have a father)?



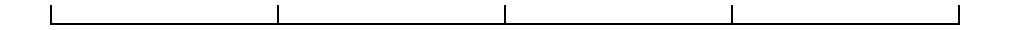
6.2 Your mother (or other adult females if you do not have a mother)?



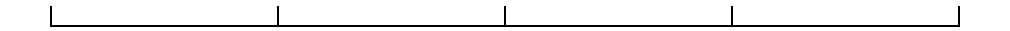
6.3 Your sisters(s)?



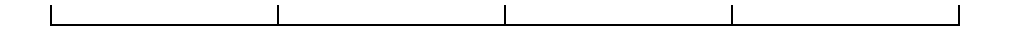
6.4 Your brother(s)?



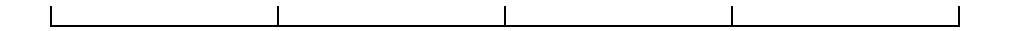
6.5 Your male friend(s)?



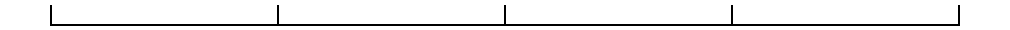
6.6 Your female friend(s)?



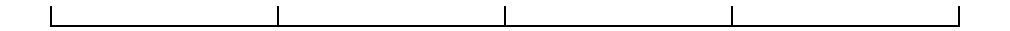
6.7 Magazines?



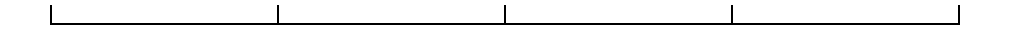
6.8 Television?



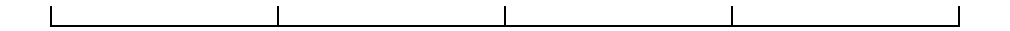
6.9 Movies and film stars?



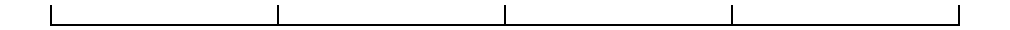
6.10 Fashion and models?



6.11 Sport hero(es)?



6.12 Sport coach(es)?



EATING ATTITUDES TEST

	Always	Very often	Often	Sometimes	Seldom	Never
1. I am terrified *(very scared)* about being overweight						
2. I avoid eating *(try not to eat)* when I am hungry						
3. I find myself preoccupied with food *(think about food a lot)*						
4. I have gone on eating binges *(a lot of food in a short time)* where I feel that I may not be able to stop						
5. I cut my food into small pieces						
6. I am aware of the calorie/ *kilojoule (energy)* content of foods that I eat						
7. I particularly avoid foods with a high carbohydrate *(starch)* content *such* as bread, potatoes, rice *and pap*						
8. I feel that others would prefer *(like it)* if I ate more						
9. I vomit *(bring up food / throw up)* after I have eaten						
10. I feel extremely guilty (*I've done wrong)* after eating						
11. I am preoccupied with a desire to be thinner *(think about being thinner a lot)*						
12. I think about burning up calories/ kilojoules *(energy)* when I exercise						
13. Other people think I am too thin						
14. I am preoccupied with the thought of having fat on my body *(think about having fat on my body a lot)*						
15. I take longer than other people to eat my meals *(food)*						
16. I avoid *(try not to eat)* foods with sugar in them						
17. I eat "diet" foods *(special foods to lose weight)*						
18. I feel that food controls my life						
19. I display self control around food (*I can control my eating if there is a lot of food available)*						
20. I feel that others put pressure on me to eat						
21. I give too much time and thought to food						
22. I feel uncomfortable *(not good)* after eating sweets						
23. I engage in dieting behaviour *(try to lose weight)*						
24. I like my stomach to be empty *(I like the feeling)*						
25. I enjoy trying new rich (*creamy/ fatty*) foods						
26. I have the impulse *(need)* to vomit after meals						