

## Impact of Weight on Self-perception Questionnaire (IW-SP)

1. How often do you feel unhappy with your appearance due to your weight?
2. When going out in public, how often do you feel self-conscious due to your weight?
3. When comparing yourself to others, how often do you feel unhappy, due to your weight?

Each item is rated on a five-point scale:  
1 = “always,” 2 = “frequently,” 3 = “sometimes,”  
4 = “rarely,” and 5 = “never”

The IW-SP total scores are derived by summing the item scores and dividing by the number of items. The score can be transformed to a range from 0 to 100.

Higher IW-SP scores correspond to better self-perception, and the items apply to the present.

