

## EXERCISE DEPENDENCE QUESTIONNAIRE

Age \_\_\_\_\_ Sex \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

We would like to know how much you exercise. Please consider exercise as being any structured activity, which increases your heart rate eg. running, cycling, aerobics, weight training and complete the following sentences:

I exercise for \_\_\_\_\_ hours per week.

Below are a series of statements that people have used to describe their attitudes to exercise. Please rate each of the statements by circling the appropriate number for how much it describes your attitude to your own exercise over the past month. Please use the following scale:

**Strongly Disagree**

**Strongly Agree**

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

- |  |   |   |   |   |   |   |   |
|--|---|---|---|---|---|---|---|
| 1. My level of exercising makes me tired at work.              | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. After an exercise session I feel happier about life.        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. If I cannot exercise I feel irritable.                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. The rest of my life has to fit in around my exercise.       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. After an exercise session I feel less anxious.              | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. I exercise to look attractive.                              | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. I sometimes miss time at work to exercise.                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. After an exercise session I feel that I am a better person. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. If I cannot exercise I feel agitated.                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. I exercise to meet other people.                           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

11. I hate not being able to exercise.	1	2	3	4	5	6	7
12. I exercise to keep me occupied.	1	2	3	4	5	6	7
13. If I cannot exercise I feel I cannot cope with life.	1	2	3	4	5	6	7
14. I exercise to control my weight.	1	2	3	4	5	6	7
15. I have little energy for my partner family and friends.	1	2	3	4	5	6	7
16. Being thin is the most important thing in my life.	1	2	3	4	5	6	7
17. I feel guilty about the amount I exercise.	1	2	3	4	5	6	7
18. I exercise to be healthy.	1	2	3	4	5	6	7
19. After an exercise session I feel thinner.	1	2	3	4	5	6	7
20. My level of exercise has become a problem.	1	2	3	4	5	6	7
21. I make a decision to exercise less but cannot stick to it.	1	2	3	4	5	6	7
22. I exercise for the same amount of time each week.	1	2	3	4	5	6	7
23. After an exercise session I feel more positive about myself.	1	2	3	4	5	6	7
24. My weekly pattern of exercise is repetitive.	1	2	3	4	5	6	7
25. My pattern of exercise interferes with my social life.	1	2	3	4	5	6	7
26. I exercise to feel fit.	1	2	3	4	5	6	7
27. My exercising is ruining my life.	1	2	3	4	5	6	7
28. I exercise to prevent heart disease and other illnesses.	1	2	3	4	5	6	7
29. If I cannot exercise I miss the social life.	1	2	3	4	5	6	7