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1. Please describe in detail the one situation that makes you, or has made you, most angry. Please write about this situation in detail for the next five minutes, while trying to re-experience the emotions involved. Write your description in such a way that someone reading it might even become angry just from learning about the situation.

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Please think about the situation you just wrote about when you answer the following questions.

3. To what extent could you have predicted the outcome of the situation you described beforehand?

1 Not at all 2 3 4 5 6 7 Completely

4. How much was the situation you described under your personal control?

1 Not at all 2 3 4 5 6 7 Completely

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Done

Please answer the following questions

How worried are you about getting breast cancer?

- 1 Not at all worried
- 2
- 3
- 4
- 5
- 6
- 7 Extremely worried
- I have breast cancer

Overall, how do you think your chances of developing breast cancer in the future compare to the average woman your age?

- 1 Much lower than average woman
- 2
- 3
- 4 About the same
- 5
- 6
- 7 Much higher than average woman

I feel very vulnerable to breast cancer.

- 1 Strongly disagree
- 2
- 3
- 4
- 5
- 6
- 7 Strongly agree

This doctor thinks less of me because of my weight

- 1 Strongly disagree
- 2
- 3
- 4
- 5
- 6
- 7 Strongly agree

This doctor believes I won't follow his advice

- 1 Strongly disagree
- 2
- 3
- 4
- 5
- 6
- 7 Strongly agree

I feel as if I could take the right actions to acheive a healthy weight

- 1 Strongly disagree
- 2
- 3
- 4
- 5
- 6
- 7 Strongly agree

If this were your doctor, how much would you trust him?

- 1 Not at all
- 2
- 3
- 4
- 5
- 6
- 7 Completely

I would feel comfortable if this doctor were my doctor

- 1 Strongly disagree
- 2
- 3
- 4
- 5
- 6
- 7 Strongly agree

This doctor believes that my weight problem is my fault

- 1 Strongly disagree
- 2
- 3
- 4
- 5
- 6
- 7 Strongly agree

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To what extent do you agree or disagree that each of the following factors cause or contribute to your body weight?

Genetics

1 Strongly disagree 2 3 4 5 6 7 Strongly agree

Eating too much or too many unhealthy foods

1 Strongly disagree 2 3 4 5 6 7 Strongly agree

Not doing enough exercise

1 Strongly disagree 2 3 4 5 6 7 Strongly agree

Physical environment (driving culture, availability of walking paths)

1 Strongly disagree 2 3 4 5 6 7 Strongly agree

Food environment (fast food culture, availability of healthy foods)

1 Strongly disagree 2 3 4 5 6 7 Strongly agree

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I intend to make changes to my diet in the next 6 months

1 Strongly disagree 2 3 4 5 6 7 Strongly agree

a. I intend to make changes to get more exercise in the next 6 months

1 Strongly disagree 2 3 4 5 6 7 Strongly agree

b. By how much? _____ minutes per week

How likely is it you will try to change your diet in the next 6 months?

1 Very unlikely 2 3 4 5 6 7 Very likely

How likely is it you will try to get more exercise in the next 6 months?

1 Very unlikely 2 3 4 5 6 7 Very likely

Suppose we come back to you in a month. What are 4 facts or findings the doctor shared with you that you are most likely to remember? You may define a "fact or finding" however you wish.

Fact or Finding 1

Fact or Finding 2

Fact or Finding 3

Fact or Finding 4

Even when the doctor was present I still felt alone.

1 Strongly disagree 2 3 4 5 6 7 Strongly agree

I felt like the doctor and I were in the clinic room together.

- 1 Strongly disagree
- 2
- 3
- 4
- 5
- 6
- 7 Strongly agree

Right now, compared to other women your age, do you consider yourself to be currently:

- underweight
- about right
- overweight
- very overweight

Please describe what you think we are studying in these surveys:

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