

The Overeating Questionnaire (OQ)

WPS TEST REPORT

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12031 Wilshire Blvd., Los Angeles, California 90025-1251
Version 1.110

Client ID: Sample	Administration Date: 10/28/03
Age: 34	Processing Date: 10/28/03
Gender: Female	Examiner ID Number: Sample
Education (<i>Last grade completed</i>): 16	Examiner Name: Sample
Ethnicity: Black/African American	
Client Name: Sample	

Height:	5 feet, 3 inches
Weight:	162 pounds
Percent over reported ideal weight:	20%
BMI based on reported height and weight:	28.8
<i>(Usual healthy range is approximately 18.5-25)</i>	
Highest adult weight:	175 pounds
Lowest adult weight:	120 pounds
Ideal weight:	135 pounds
Age when weight became a concern:	15 years old
Do you have an eating problem?	Yes
Are you dieting now?	Yes
Alcohol or drug problem:	No
Serious health problem:	No
Weigh less in 6 months:	Yes
Accuracy of estimates:	Quite accurate
Overweight:	Very overweight
How would other people see you?	Overweight
Longest time at ideal weight:	More than 12 months

Users of this WPS TEST REPORT should be familiar with the information presented in the OQ Manual (WPS Product No. W-451B). The interpretations provided in this report are hypotheses about the client that must be verified against informed clinical judgment.

Inconsistent Responding (INC) Index. Inconsistent responses have been given to 1 of the 15 INC item pairs. It appears that this individual gave adequate attention to the meaning of each item when completing the OQ.

Scale	Raw Score	T	Percentile	T-Score						
				30 T	40 T	45 T	55 T	60 T	70 T	
Defensiveness (DEF)	18	55	69				■			
Eating-Related Habits and Attitudes										
Overeating (OVER)	18	64	92					■	■	■
Undereating (UNDER)	11	58	79				■	■	■	■
Craving (CRAV)	20	>70	98							■
Expectations About Eating (EXP)	21	70	97							■
Rationalizations (RAT)	10	62	88					■	■	■
Motivation to Lose Weight (MOT)*	25	68	96							■
General Health Habits and Psychosocial Functioning										
Health Habits (HEAL)*	14	56	73					■	■	■
Body Image (BODY)*	4	39	14	■	■	■	■	■	■	■
Social Isolation (SOCIS)	2	43	24	■	■	■	■	■	■	■
Affective Disturbance (AFF)	11	57	76					■	■	■

Note: OQ T-Score ranges are:
 Very Low: <40T; Low Average: 40T-44T; Average: 45T-54T; High Average: 55T-59T; Very high: >=60T; Extreme: >=70T
 *High scores signal relative strengths. For all other scores, high scores indicate vulnerabilities.

Vulnerabilities

Craving (>70T). Craving is always an obstacle to weight loss. It represents a particular liability for this individual. She should make a special effort to keep a record of where and when cravings occur, and plan specific strategies for coping with them. She may have a problem controlling compulsive behaviors in general.

Expectations About Eating (70T). Eating appears to be a way to handle emotions and reduce stress for this individual. In reality, it is unlikely that this works very well, especially if she is overweight. Discovering alternative ways to control stress will be an especially important component of an effective weight-loss program for her.

Overeating (64T). This individual is aware of a tendency to continue to eat, even after her hunger is satisfied. She is likely to require extra emphasis on finding specific alternatives to overeating in order to meet weight-loss goals.

Rationalizations (62T). This individual may tend to explain away weight problems. She needs to examine the credibility of such explanations and their potential to undermine her ability to control her own health and well-being.

Body Image (39T). The possibility of attaining a more desirable physical appearance can be a strong motivator for this individual. Yet her strong attachment to this goal may make it especially hard to weather the ups and downs she may experience in pursuing her weight-related goals. She will gain particular benefit from work on freeing her sense of self-worth from her physical appearance.

Strengths

Motivation to Lose Weight (68T). This individual has expressed a readiness to make changes in order to achieve and maintain a healthy weight.

Social Isolation (43T). A strong social network can provide a valuable resource during weight-loss efforts, as long as it is not centered on habits or attitudes that are opposed to making the changes necessary to achieve a healthy lifestyle.

Affective Disturbance (57T). This individual reports a relatively calm emotional background, so that she can focus maximum effort on achieving her weight-related goals.

Undereating (58T). This individual does not report unusually restricted eating habits. This will help her stick to a healthy eating plan. If she is overweight, however, her score could result from a lack of awareness about her actual eating habits.

Inconsistent Responding Index (INC)

55. The people in my life add to my weight problem. 2 = Moderately
58. People in my life who are important to me encourage me to overeat. 4 = Extremely

Defensiveness (DEF)

17. I always make good decisions. 3 = Quite a bit
48. I always pay attention. 3 = Quite a bit
62. I always tell the truth. 3 = Quite a bit
76. Everybody likes me. 3 = Quite a bit
12. I am always in a good mood. 2 = Moderately
31. I am always happy. 2 = Moderately
43. I always do the right thing. 2 = Moderately

Overeating (OVER)

13. I have gone on an eating binge. 4 = Extremely
1. I always eat too much. 3 = Quite a bit
3. I can't say "No" to food at parties. 3 = Quite a bit
4. If there is food left after a meal, I finish it rather than put it away. 2 = Moderately
8. I feel I should always eat everything on my plate. 2 = Moderately
69. I stuff myself when I eat. 2 = Moderately
78. I have trouble controlling how much I eat. 2 = Moderately

Undereating (UNDER)

5. At times I almost starve myself. 2 = Moderately
44. I always worry about gaining weight. 2 = Moderately
63. I am always dieting. 2 = Moderately
77. I count calories when I eat. 2 = Moderately
25. I exercise more than I should so that I can lose weight. 1 = A little bit
41. I feel very upset when I gain one or two pounds. 1 = A little bit
47. I respect myself more when I am thin. 1 = A little bit

Craving (CRAV)

9. I have strong cravings for food. 4 = Extremely
28. When I crave a certain food, I go out of my way to get it. 4 = Extremely
56. I crave certain foods. 4 = Extremely
36. When I'm hungry, I fantasize about my favorite food. 3 = Quite a bit
60. When I am planning to have an especially good meal, I picture it in my mind beforehand. 3 = Quite a bit
73. Looking at ads on TV or in magazines makes me crave certain foods. 2 = Moderately

Expectations (EXP)

- | | |
|--|-----------------|
| 16. I eat to take my mind off my problems. | 4 = Extremely |
| 19. I eat to make myself feel better when I have been upset. | 4 = Extremely |
| 37. Eating makes me feel good. | 4 = Extremely |
| 15. I want to eat when I feel sad. | 3 = Quite a bit |
| 22. My body feels more relaxed when I eat. | 3 = Quite a bit |
| 51. I feel calm after I have eaten. | 3 = Quite a bit |

Rationalization (RAT)

- | | |
|--|------------------|
| 58. People in my life who are important to me encourage me to overeat. | 4 = Extremely |
| 57. My busy schedule keeps me from dieting. | 3 = Quite a bit |
| 55. The people in my life add to my weight problem. | 2 = Moderately |
| 30. I weigh too much because of the way my body works. | 1 = A little bit |

Motivation (MOT)

- | | |
|---|-----------------|
| 38. I will attend support groups if that will help me to lose weight. | 4 = Extremely |
| 18. I want to get help for my weight problems. | 3 = Quite a bit |
| 21. I am working on a weight-loss goal that I would like to reach in the next 6 months. | 3 = Quite a bit |
| 26. I will exercise if that will help me to lose weight. | 3 = Quite a bit |
| 34. I will do what a doctor tells me in order to lose weight. | 3 = Quite a bit |
| 54. I really want to lose weight. | 3 = Quite a bit |
| 66. I will change the way I live so that I can lose weight. | 3 = Quite a bit |
| 80. I will eat a balanced diet so that I can lose weight. | 3 = Quite a bit |

Health Orientation (HEAL)

- | | |
|--|------------------|
| 11. I eat a balanced diet. | 3 = Quite a bit |
| 6. I am careful about what I eat. | 2 = Moderately |
| 35. I avoid fattening foods. | 2 = Moderately |
| 39. I exercise regularly to control my weight. | 2 = Moderately |
| 50. I get a lot of exercise. | 2 = Moderately |
| 72. I have good health habits. | 2 = Moderately |
| 61. I exercise every day, even when I'm tired. | 1 = A little bit |

Body Image (BODY)

- | | |
|---------------------------------------|------------------|
| 23. I am proud of the way I look. | 1 = A little bit |
| 33. Other people like the way I look. | 1 = A little bit |
| 70. I like my body. | 1 = A little bit |
| 75. I have a sexy body. | 1 = A little bit |

Social Isolation (SOCIS)

- | | |
|--|------------------|
| 46. I avoid getting close to another person. | 1 = A little bit |
| 49. I often feel lonely. | 1 = A little bit |

Affective Disturbance (AFF)

42.	My life is full of stress.	3 = Quite a bit
45.	I often feel tense.	3 = Quite a bit
27.	I tend to worry all the time.	2 = Moderately
10.	I often feel sad and blue.	1 = A little bit
20.	I feel troubled about my future.	1 = A little bit
67.	I feel depressed most of the time.	1 = A little bit

* Indicates that the median value was substituted for scoring because the item response was missing.

Item Responses:

1.	3	21.	3	41.	1	61.	1
2.	0	22.	3	42.	3	62.	3
3.	3	23.	1	43.	2	63.	2
4.	2	24.	0	44.	2	64.	0
5.	2	25.	1	45.	3	65.	0
6.	2	26.	3	46.	1	66.	3
7.	0	27.	2	47.	1	67.	1
8.	2	28.	4	48.	3	68.	0
9.	4	29.	0	49.	1	69.	2
10.	1	30.	1	50.	2	70.	1
11.	3	31.	2	51.	3	71.	0
12.	2	32.	0	52.	0	72.	2
13.	4	33.	1	53.	0	73.	2
14.	0	34.	3	54.	3	74.	0
15.	3	35.	2	55.	2	75.	1
16.	4	36.	3	56.	4	76.	3
17.	3	37.	4	57.	3	77.	2
18.	3	38.	4	58.	4	78.	2
19.	4	39.	2	59.	0	79.	0
20.	1	40.	0	60.	3	80.	3

Response Key

- 0 Not At All
- 1 A Little Bit
- 2 Moderately
- 3 Quite A Bit
- 4 Extremely
- Missing Response

Number of Missing Responses: 0

This report was generated based on WPS TEST REPORT Microcomputer Data Entry.

END OF REPORT