

**Table 1**

*Assessing adolescents using the BIAQ test: Percentage of adolescents adopting the following behaviours*

Factors and Items	0	1	2	3	4	5
Factor 1: Clothing						
- I wear baggy clothes	43.1	18.3	24.6	5.1	4.7	4.1
- I wear clothes that I do not like	66.1	12.3	15.4	2.1	2.5	1.6
- I wear darker colour clothing	10.7	13.3	36.6	15.0	12.3	12.1
- I wear a special set of clothing, e.g. my "fat clothes"	83.2	8.4	5.7	1.4	0.6	0.6
- I am inactive	48.9	14.6	29.0	5.3	1.2	1.0
- I avoid physical intimacy	50.3	5.1	10.9	5.1	6.2	22.4
- I wear clothes that will divert attention from my weight	56.7	6.0	14.2	4.9	6.0	12.3
- I avoid going clothes shopping	92.0	2.9	3.3	0.6	0.8	0.4
- I don't wear "revealing" clothes (eg, bathing suits, tank tops, or shorts...)	61.0	3.3	8.2	3.3	4.3	19.9
Factor 2: Eating restraint						
- I restrict the amount of food I eat	56.1	6.4	15.4	5.5	7.2	9.4
- I only eat fruits, vegetables, and other low calorie foods	70.6	7.4	7.2	4.5	4.7	5.5
- I fast for a day or longer	88.5	2.7	4.1	1.6	0.8	2.3
Factor 3: Social activity						
- I do not go out socially if I will be "checked out"	60.2	5.7	9.9	3.7	2.5	18.1
- I do not go out socially if the people I am with will discuss weight	56.7	4.5	8.6	3.7	3.7	22.8
- I do not go out socially if the people I am with are thinner than me	84.8	2.7	5.7	1.2	1.0	4.5
- I do not go out socially if this involves eating	90.8	2.5	4.1	0.8	0.6	1.2
Factor 4: Grooming and weighing						
- I weight myself	18.7	27.9	35.5	5.1	6.6	6.2
- I look at myself in the mirror	1.6	3.3	11.5	8.8	13.8	61.0
- I get dressed up or made up	29.6	10.9	23.0	8.6	10.1	17.9

0: Never; 1: Rarely; 2: Sometimes; 3: Often; 4: Usually; 5: Always