

UNDERSTANDING GENDER PATTERNS:  
EARLY STAGE DEVELOPMENT OF A GENDER NEUTRAL BODY TALK SCALE

A Thesis  
by  
ALLISON RAE WARREN

Submitted to the Graduate School  
Appalachian State University  
in partial fulfillment of the requirements for the degree  
MASTER OF ARTS

May 2012  
Department of Psychology

UNDERSTANDING GENDER PATTERNS:  
EARLY STAGE DEVELOPMENT OF A GENDER NEUTRAL BODY TALK SCALE

A Thesis  
by  
ALLISON RAE WARREN  
May 2012

APPROVED BY:

---

Denise M. Martz  
Chair, Thesis Committee

---

Lisa A. Curtin  
Member, Thesis Committee

---

Doris G. Bazzini  
Member, Thesis Committee

---

Sandra G. Gagnon  
Member, Thesis Committee

---

James C. Denniston  
Chair, Department of Psychology

---

Edelma D. Huntley  
Dean, Research and Graduate Studies

Copyright by Allison R. Warren 2012  
All Rights Reserved

Permission is hereby granted to the Appalachian State University Belk Library and to the Department of Psychology to display and provide access to this thesis for appropriate academic and research purposes.

## FOREWORD

This thesis is written in accordance with the style of the *Publication Manual of the American Psychological Association (6th Edition)* as required by the Department of Psychology at Appalachian State University.

## ABSTRACT

### UNDERSTANDING GENDER PATTERNS: EARLY STAGE DEVELOPMENT OF A GENDER NEUTRAL BODY TALK SCALE. (May 2012)

Allison Rae Warren, B.A., Vassar College

M.A., Appalachian State University

Chairperson: Denise Martz

Fat talk is defined as the negative body talk that occurs in social contexts. Past research has attempted to measure fat talk with surveys that have participants imagine a target individual's response, or their own responses, when faced with various forms of body talk, or to rate the likelihood of hearing and the pressure felt to participate in various types of body talk. Previous literature suggests that fat talk is more of a feminine rather than masculine conversational tendency, yet the measures that have detected such gender differences have an inherent gender bias within the scale or have been developed using only females. The present study reviewed the history of fat talk as well as key parameters associated with this phenomenon and proposed a new, comprehensive, gender neutral measure of body talk. The new measure attempted to capture instances of initiating and responding to fat talk in same-gender dyads and groups as well as mixed-gender dyads and groups. While examining fat talk in these contexts, this measure also assessed if females and males interpret fat talk items in a comparable way. Males most often noted they would not

initiate body talk while females noted they would consider initiating body talk or would definitely initiate this form of communication when hanging out or eating with a group of female friends. However, males noted they would engage in negative body talk when a male in a mixed-gender group initiated it. These findings may suggest that engagement in negative body talk, or fat talk, is limited to conversations between same-gender speakers. The results from the initial version of this measure suggested the need for separate female and male body talk scales that more directly address how and why the genders communicate body dissatisfaction.

## ACKNOWLEDGMENTS

I would like to thank my thesis chair, Denise M. Martz, for her patience and advice throughout this thesis process. Additional thanks are warranted to my dedicated thesis committee, Dr. Curtin, Dr. Bazzini and Dr. Gagnon. This thesis could not have been completed without the hard work and dedication of the six undergraduate research assistants in our lab: Zac Faw, Kaitlin Stack, Lindsey Varner, Skylar Thompson, Amanda Driver and Suzanne Murray.

## TABLE OF CONTENTS

Abstract.....	v
Acknowledgments.....	vii
Introduction and Literature Review .....	1
Method .....	13
Results.....	19
Discussion.....	29
References.....	38
Table 1 .....	42
Appendix A.....	44
Appendix B.....	45
Appendix C.....	59
Vita.....	119



## Understanding Gender Patterns:

### Early Stage Development of a Gender Neutral Body Talk Scale

Fat talk is a term used to describe the negative body talk that occurs in social contexts (Nichter & Vuckovic, 1994). Martz, Curtin, and Bazzini (2012) recently reviewed ethnographic and other scientific research on this topic and called for the development of a cleaner scale that can more thoroughly assess gender differences in this social phenomenon. This study briefly reviewed the history of research on fat talk and other forms of body talk, highlighted what are considered to be important theoretical or observed aspects of fat talk, critiqued previously developed measures, and described systematic scale development of a fat talk measure capturing some of these important variants of fat talk while also allowing for cleaner gender comparisons for future research.

### **History of Fat Talk Research**

Mimi Nichter initially interviewed groups of adolescent girls in middle schools in the United States and found the phrase “I’m so fat” was versatile in their interactions (Nichter, 2000). Fat talk is used to voice distress, request support from peers, apologize for behavior, or reaffirm group solidarity (Nichter & Vuckovic, 1994). When fat talk is used to voice distress, the comment “I’m so fat” may actually connote “I’m so sad” or more general feelings of malaise. One of Nichter’s respondents remarked that “having a fat day” actually meant a general dissatisfaction with the progression of the day. Based on social and environmental cues (e.g., eating or being in a locker room), the listener determines what response is most appropriate and will likely allay the speaker’s dissatisfaction or discomfort. Through various interviews, Nichter found it was not uncommon for girls to assert “I’m so fat” in an effort to evoke a positive response (e.g., “No, you’re not”) from a friend. Though

the response may communicate that the speaker's fears about fatness are unfounded, the speaker is again communicating more than body dissatisfaction. In this context, the statement "I'm so fat" is a request to peers for support and an attempt to gauge the perceptions of others. Nichter proposes that when "I'm so fat" precedes eating, it likely serves as an excuse or apology for the subsequent behavior. In this context, the statement "I'm so fat" affords the speaker control of the situation because she has asserted that she knows the true state of her body, ultimately preventing another from pointing it out first (Nichter & Vuckovic, 1994). Girls initiate and respond to this type of body talk in order to maintain group affiliation and even build solidarity. The refusal to participate in fat talk within a group environment may, according to some girls Nichter interviewed, simultaneously give the impression the girl believes she has no flaws, is perfect, and is therefore, conceited (Nichter & Vuckovic, 1994).

Nichter first utilized an ethnographic approach to assess the meaning of weight-related behaviors and body talk from the perspective of adolescent females (Nichter & Vuckovic, 1994). Ethnographic interviews with 300 girls in the eighth and ninth grades began in 1989. Students spent approximately one hour in a structured, open-ended interview, and a small sample of students also participated in group interviews. Individual interviews focused primarily on body image perceptions and dieting behaviors, while group interviews concentrated on generalized views of body image and dieting, as well as perceived group behaviors. Though this initial research produced a great deal of information on the function of fat talk among girls, it did not attend to the experiences of adolescent boys.

In the first non-ethnographic, descriptive study of fat talk, Britton, Martz, Bazzini, Curtin, and LeaShomb (2006) utilized a vignette to describe a study session with four college females. The conversation turned to body dissatisfaction after some discussion of New

Year's resolutions and participants were asked to hypothesize the response of the target female named "Jenny," who had not contributed to the conversation in any way in the prior group conversation. In Study 1, participants chose from a self-accepting option (e.g., "I'm pretty happy with my weight"), a self-degrading option (e.g., "I'm pretty unhappy with my weight; I should diet or something"), or a no comment option. Female participants were asked to pick which response they would most likely use in Jenny's situation, while male and female participants were asked which response they believed most females would give if in Jenny's situation.

When males and females were asked how "most females" would respond in this scenario, males and females selected the self-degrading option significantly more often than the self-accepting option (Britton et al., 2006). Male and female participants were also asked to select the response they believed would make the female target more socially attractive to other females. Again, all participants believed the self-degrading option would make the female more attractive to other females. When participants were asked which response would lead males to like the target female more, females and males responded similarly, choosing the self-accepting option over the self-degrading and no comment options. Considering these latter results in the context of Nichter and Vuckovic's (1994) findings, that adolescent girls complained about their weight to adolescent boys in order to receive a reassuring response, might reveal a shift in the expectations of social interactions between females and males from adolescence to adulthood.

In Study 2, an identical vignette was used to gather participants' open-ended responses from the target female, rather than limiting their response choices to self-degrading, self-accepting, or no comment (Britton et al., 2006). Responses were coded

according to whether Jenny's response agreed, disagreed, or was neutral about the relevance of body image, and whether her response included self-degrading comments or did not. The results indicated that the majority of participants believed Jenny would self-degrade in this situation. Britton et al. found that though participants acknowledged a norm for females to fat talk, they indicated that they would not necessarily respond to such a scenario with their own self-degradation, essentially considering themselves outside of the perceived norm. This inconsistency could be further examined by measuring individuals' likelihood of initiating and responding in these social interactions. Thus, the proposed measure assessed both the initiation of and response to fat talk, as participants' responses varied between the two.

Tompkins, Martz, Rocheleau, and Bazzini (2009) examined how pressure to engage in body talk, either fat talk (negative body talk) or positive body talk, influenced "social likeability" (p. 292) among female participants. Female participants were presented with one of four different vignettes in which a group of female students were discussing their bodies in either a negative or positive way. "Jenny," the target female in the vignettes, either conformed or did not conform to the body talk represented in the group conversations. Participants were then asked to rate how likeable they found "Jenny" and how likeable they believed the others in the group would find her based on the body talk conversations.

Participants liked Jenny more when she responded with positive body talk, regardless of the type of body talk represented in the group. However, participants expected the group to like Jenny more when her response conformed to the group's discussion. Though females individually perceived positive body talk as more likable, they expected other females to dislike the target female when she did not conform. This defies the stated hypothesis that participants would find Jenny more likeable when she conformed to the negative talk of the

group and least likeable when she responded to negative body talk with positive body talk (Tompkins et al., 2009). These results echo Britton et al.'s (2006) findings that suggest females are aware of a norm to self-degrade but may fail to include themselves as needing to follow the norm on self-report measures.

The two previous studies address the group affiliation aspects of fat talk by examining how likeable participants perceive an individual to be based on her conformity to various forms of body talk (Britton et al., 2006; Tompkins et al., 2009). Each study reveals a contradiction in how fat talk functions within social groups. Though males and females acknowledge a norm to fat talk, most individuals do not admit to participating in fat talk themselves. In order to more fully address who participates in and initiates fat talk, it is necessary to assess body talk conversations in more diverse contexts to further compare reports of responding to and initiating fat talk.

As mentioned earlier, Britton et al. (2006) asked male participants how likely females were to self-degrade in a group of females, but there has been little attention focused on the experiences of males or mixed-gender groups. Martz, Petroff, Curtin, and Bazzini (2009) used vignettes to evaluate gender differences in the likelihood of hearing fat talk, as well as positive or self-accepting body talk among a large, age-representative sample. They also assessed how much pressure an individual would feel to engage in these three forms of body talk. The scenarios asked participants to imagine being in a group of friends or coworkers when hearing negative body talk (e.g., "My butt is fat"), positive body talk, and self-accepting body talk. Martz et al. (2009) found females reported a greater likelihood of hearing negative body talk compared to self-accepting talk, though males reported an equal likelihood of hearing negative body talk and self-accepting talk. Females also reported

greater pressure to participate in negative and self-accepting body talk than males. However, the example of negative body talk, “My butt is fat,” is likely an inherently feminine response. Moreover, it remains unclear if participants envisioned a group of peers of the same gender or mixed-gender groups. The proposed measure sought to create a gender neutral scenario for which it would be possible to directly compare gender responses to fat talk by first assessing if females and males had comparable interpretations of body talk scenarios.

The vignettes used by Martz et al. (2009) to assess likelihood of exposure to body talk and pressure to participate in various forms of body talk included groups of friends and coworkers, thus limiting interpretation of these body talk items to groups of familiar individuals with established group dynamics. Though the experiences of males and females were assessed in this study, the proposed scale attempted to assess experiences of both genders in various social contexts, including those in which the target participants are strangers. This new measure of fat talk examined the phenomenon in same-gender pairs and groups, as well as mixed-gender pairs and groups, both included strangers and platonic friends.

Clarke, Murnen, and Smolak (2010) recently developed a quantitative measure, the Fat Talk Scale, to examine the frequency of fat talk among college-age females. Like other measures, participants read scenarios in which a female was engaging in negative body talk with friends and were then asked how frequently they would respond like the female in the scenario. Responses were indicated on a 5-point Likert scale (1 = *never respond that way* and 5 = *always respond that way*). The first study examined the construct validity of this novel scale by correlating scores on the Fat Talk Scale with those on the Fear of Negative Evaluation Scale (Watson & Friend, 1969), the Silencing the Self Scale (Jack & Dill, 1992),

the Objectified Body Consciousness Scale (McKinley & Hyde, 1996), the Eating Attitudes Test-26 (Garner, Olmsted, Bohr, & Garfinkel, 1982), and the Body Esteem Scale (Mendelson, Mendelson, & White, 2001). Clarke et al. (2010) found that females with more concerns about being negatively evaluated in their peer group endorsed more participation in fat talk. This finding suggests that fat talk is a method females use to voice distress and seek validation in social groups, a suggestion comparable to Nichter and Vuckovic's finding that fat talk maintains group affiliation (Nichter & Vuckovic, 1994). Scores on the Fat Talk Scale developed and utilized by Clarke et al. (2010) also positively correlated with scores on the Objectified Body Consciousness Scale (McKinley & Hyde, 1996) and the Eating Attitudes Test-26 (Garner et al., 1982), and negatively correlated with scores on the Body Esteem Scale (Mendelson et al., 2001). The authors found scores on the Fat Talk Scale more strongly correlated with measures related to objectification theory than those related to the social functions of fat talk, implying that fat talk may be a distinctive form of self-objectification.

Moreover, Clarke et al. (2010) found that fat talk scores positively correlated with self-silencing behaviors and fear of negative evaluation, suggesting that the reasons individuals, specifically females, participate in fat talk can vary based on social motives. Construct validity was further examined using an empowerment scale (Rogers, Chamberlin, Ellison, & Crean, 1997), with which Fat Talk Scale scores negatively correlated. The authors suggested this correlation may indicate that females who show high levels of self-objectification do not have the internal resources needed to focus on factors that would increase empowerment. Fat Talk Scale scores positively correlated with the Passive Acceptance scale on the Feminist Identity Composite (Fischer, Good, & Hill, 2000), which suggests that females who passively accept traditional gender roles engage in more self-

objectification. Also, the authors found fat talk scores predicted variability in eating disordered attitudes and body shame, which may mean that this Fat Talk Scale could add to the predictability of behaviors and attitudes associated with body image perceptions and eating disorders in females.

Hence, the scale developed by Clarke et al. (2010) demonstrates that fat talk is a way females may communicate insecurities about whether their bodies meet societal standards. The authors also suggest that fat talk may be a way for females to decipher the values of their social groups while simultaneously seeking validation from peers with whom they expect to have similar values. While their new measure further examines the phenomenon of fat talk among females, it omits the experiences of males, and thus, would not allow for unbiased gender comparisons of the fat talk construct.

Ousley, Cordero, and White (2008) examined how often undergraduate males ( $n = 82$ ) and females ( $n = 190$ ) engaged in fat talk and what topics were most often discussed during these occurrences. They hypothesized that individuals with eating disorders would participate in fat talk more often than those without eating disorders. The authors also predicted that individuals with eating disorders would discuss different fat talk topics at frequencies that would vary from individuals without eating disorders. A modified version of the Weight Management Questionnaire (Ousley, 1986) was used to assess for individual eating disorder symptoms and eating disorder categories, while fat talk was measured using self-developed items obtained from various discussions with undergraduates about body image issues. These fat talk items reflected five topics, including: self comparison to ideal eating and exercise habits, fears of becoming overweight, eating and exercise habits compared to others, evaluations of others' appearances, and meal replacements and muscle-



building strategies. Participants rated how often they engaged in the various forms of fat talk on a 6-point Likert scale (1 = *more than once daily* to 6 = *rarely/never*) designed for this study that had not been previously validated or field-tested.

The results supported the authors' hypotheses: Significantly more undergraduates with eating disorders discussed the topics *at least daily* while significantly more undergraduates without eating disorders noted they *rarely/never* discussed the issues reflected in the fat talk items (Ousley et al., 2008). However, undergraduates without eating disorders reported "weekly" discussions about eating and exercise habits as well as the appearances of others more than undergraduates with disordered eating. Those without eating disorders also reported "monthly" discussions about fears of becoming overweight or out of shape. Moreover, undergraduates with and without eating disorders endorsed the item assessing frequency of discussing other people's shapes and appearances more than any other fat talk item measured. Though this study supported that fat talk occurred in college students regardless of the presence of disordered eating, individuals with eating problems engaged in more fat talk than those without eating problems. Limitations included an 18% response rate after the study surveys were mailed to a random sample of 1500 college undergraduates. Also, Ousley et al. chose not to make gender comparisons based on the data collected.

Tucker, Martz, Curtin, and Bazzini (2007) utilized live interactions to explore how a female's body presentational style influences another female's discussion of her own body. A confederate modeled positive (self-aggrandizing), neutral (self-accepting), and negative (fat talk) body talk, and the authors found that respondents reliably emulated the body talk of the confederate when rating their own bodies. The authors speculated that the conformist nature of the participants' body ratings may have been an effort to avoid social rejection and to be

accepted by the confederate. However, it remained unclear if the participants' ratings of their own bodies were based solely on a desire for social acceptance or if the ratings reflected the participants' true feelings about their bodies, as their prerecorded body esteem also predicted their ratings. Tucker et al. also noted that, contrary to expectations, lack of conformity to fat talk did not impact perceived likability. The authors suggested that this may be due to the one-on-one dyad in which there is potentially less social pressure to conform to the group norm. This study represents the beginning of assessing fat talk among live strangers, rather than just relying on vignettes.

### **Proposed Measure and Evaluation**

Based on Nichter's findings, (Nichter, 2000; Nichter & Vuckovic, 1994), the presumed uses of fat talk, and the review of the current literature (Martz et al., 2012), the proposed measure attempted to integrate previously discussed theoretical and observed components of fat talk (e.g., social context, social relationships) to form a scale that can be interpreted by both males and females and utilized to measure this phenomenon in both genders. More specifically, the proposed measure of fat talk assessed individuals' likelihood of initiating and responding in social interactions with strangers and platonic friends within same-gender dyads and groups and mixed-gender dyads and groups. Gapinski, Brownwell, and LaFrance (2003) found that females in objectifying situations (e.g., trying on swimsuits) who self-objectify may be helped emotionally by overhearing fat talk, though they also reported more body concerns. Hence, fat talk may be more acceptable in certain, high body salience environments such as when wearing a bathing suit or engaging in public eating, yet may not be as acceptable or relevant in other social situations devoid of body image cues. Thus, in the proposed measure, male and female participants read through brief vignettes that

ask them to imagine “hanging out” in the various dyads and groups as the lower body salience condition and “eating in public” within these same dyads and groups as the higher body salience condition. Participants were then asked if they would initiate body talk, how they would respond to body talk in these situations, and if the body talk would be positive or negative (fat talk).

Tompkins et al. (2009) utilized positive and negative (fat talk) body talk within vignettes, thus creating a dichotomous response style. However, Britton et al. (2006) offered participants a self-degrade (i.e., fat talk) response option and a self-accept response option. Barwick, Bazzini, Martz, Rocheleau, and Curtin (2012) found that participants were unable to decipher a difference between self-aggrandizing responses and self-accepting responses, suggesting a self-accepting response option would not significantly augment the information obtainable from a fat talk scale. Thus, the proposed measure utilized positive and negative body talk, as “positive” and “self-accepting” appear to be interchangeable labels for body talk that expresses satisfaction with one’s current physical appearance.

In the current study, participants were asked how they would respond to negative body talk in various situations. Because this is the first comprehensive measure that aims to assess fat talk among females and males, one item was included to assess whether female and male participants interpreted the scenarios in an analogous way: “Can you understand what this survey item is asking of you?” This item assessed the face validity of the measure, which was necessary before responses could be compared based on the gender of the participant. The goal was to develop a scale with items that were comprehended similarly by female and male respondents so that any outcome differences on response choices were indicative of genuine gender differences in fat talk.

Though previous measures of fat talk have examined hypothetical responses to fat talk by a target female in group situations (Britton et al., 2006; Martz et al., 2009; Tompkins et al., 2009), the Warren Fat Talk Scale described here took a more comprehensive approach by asking the participants to imagine her or his responses when confronted with fat talk, and if she or he would initiate fat talk in various social contexts. This survey comprised two social contexts, hanging out and eating together, to assess responses to both a lower and higher body salience scenario to eventually examine if body salience is relevant to initiation of fat talk in social conversations. Nichter and Vuckovic (1994) discussed how fat talk is utilized at mealtime in an effort to apologize for one's upcoming consumption of food, particularly in public. These contexts were meant to vary in body image salience, while providing a realistic hypothetical scenario anticipated as easily imagined by both females and males. Within these two contexts, participants chose whether to initiate fat talk and also how to respond to ongoing fat talk. Participants responded to female and male speakers engaging in fat talk in all female groups, all male groups, and in mixed-gender groups. These parameters were further divided to include both strangers and platonic friends.

It is unclear whether females and males have corresponding interpretations of the fat talk phenomenon. This proposed measure attempted to assess if females and males have comparable interpretations of the scale items by including a question to evaluate item acceptability. Since previous literature suggests fat talk is a more feminine than masculine form of discourse (Martz et al., 2012), it was hypothesized that females and males would interpret the test items the same, but exhibit differences in their responses.

## Method

### Participants

Seventy-two female and 54 male college undergraduates recruited from the undergraduate psychology research pool at a medium-sized southeastern university served as participants and received extra credit. The sample was predominantly non-Hispanic, Caucasian (89.7%), with an average age of 19.13 years (range 18 to 24). Body mass index was calculated based on self-reports of height and weight, and utilized to assess if participants were normal in weight. The average body mass index was 23.67 (range 17 to 37). This study adhered to all ethical guidelines of the American Psychological Association (2010) and was approved by the university's Institutional Review Board on September 28, 2010 (Appendix A). Participants were informed that their completion of the surveys in this study was indicative of informed consent.

Potential outliers were removed prior to data analyses by excluding participants who interpreted "body talk" as "nonverbal body language" and responded as such. Participants were also removed if it was clear from their responses that they did not understand the concept of body talk. In total, 11% of female participants and 19% of male participants were removed prior to data analyses. Also, many participants interpreted the "respond" items appropriately but did not understand the "initiate" items. These individuals primarily did not understand the term initiate. Subsequently, 15% of the female participants and 18.5% of the male participants were removed from the initiate data only. Overall, 72 females and 54

males remained in the respond data pool, while 58 females and 44 males remained in the initiate data pool.

### **Materials**

**The Warren Fat Talk Scale.** The self-designed measure of fat talk was created as a gender neutral scale that presented two overarching contexts: respond and initiate. (Appendix B). The respond section of the scale included 24 vignettes, each composed of three, open-ended questions. The first question asked participants to provide a brief example of the body talk they imagined when reading that particular vignette. The second question asked participants how they would respond to the negative body talk they imagined in the vignette, and the third question asked if they comprehended the survey item. The respond contexts included four vignettes not included in the initiate contexts. These four vignettes were in mixed-gender groups in which the gender of the speaker rotated. In the initiate contexts, these vignettes were unnecessary because the speaker was assumed to be the participant. Similarly to the respond section, the initiate section of the scale included 20 vignettes with three corresponding open-ended questions. The second question was the only question that differed from the respond items because it asked participants if they would initiate body talk if in a situation similar to that described in the vignette. The vignettes described scenarios that consisted of mixed-gender groups, all female and all male groups, and male and female dyads. For the respond items, participants were told that negative body talk had been initiated and were asked their response to this body talk while hanging out and “eating together” in these relational contexts. These vignettes also described whether the participants should imagine themselves among friends or platonic strangers. The initiate contexts differed only in

that the vignettes did not describe ongoing negative body talk and instead asked participants if they would initiate body talk in the aforementioned contexts.

### **Brief Pilot Testing Information**

During a brief pilot test using the Warren Fat Talk Scale, it was noted that both female ( $n = 4$ ) and male ( $n = 4$ ) participants understood the information being asked of them. Though most participants denied initiating fat talk in most of the scenarios, one female participant noted that she would initiate fat talk while hanging out with a mixed-gender group of strangers and in a group of females with whom she is a friend. She also indicated that she would initiate fat talk while eating in public with a group of female friends or with one female friend.

Another female respondent indicated that she would avoid responding to strangers, but with friends she would say something positive about her friend's body. All in all, female participants were more likely to respond with a positive statement about another female's body. However, when initiating body talk, one female participant said she was more likely to say something positive about herself when around males, but when around females, she was more likely to initiate fat talk and make a negative comment about her own body.

Male participants typically avoided responding to and initiating body talk in all scenarios. However, male participants were most likely to respond to fat talk from males and females by agreeing with self-degrading body talk.

### **Design**

The primary purpose of this study was survey development and the examination of possible within and between gender patterns. The Warren Fat Talk Scale was developed to be a gender neutral measure of negative body talk and the purpose of the present study was to

assess whether female and male participants interpret fat talk items in a comparable way. Differences in initiating and responding to fat talk can only be analyzed after first assessing whether all participants comprehend the fat talk items.

### **Procedure**

During Fall 2010, participants were recruited and completed the three previously discussed measures through SONA, the psychology department's online survey system. As mentioned previously, participants were informed that their completion of the three surveys was indicative of informed consent, and they were provided contact information for the researchers. Also, participants received experiential learning credits for their participation.

### **Coding Procedures and Development of Coding Rules**

Over a three-month period, six undergraduate research assistants (5 females and 1 male) were trained to code participants' responses on the Warren Fat Talk Scale. Research assistants were divided into two groups, and each item was coded by two individuals to facilitate the calculation of inter-rater reliability scores for each of the scale's categories. Six coding schemes were developed, three specifically for items to which participants were asked to respond, and another three for items that asked participants if they would initiate body talk (Appendix B). Training typically occurred in one-hour intervals over the course of several months and included practicing coding individually and as a group, as well as rule review. Several rules were created during this time in order to expedite effective coding of the data.

The coding scheme for initiate (e.g., "When I'm hanging out with a man I don't know well...") items included three levels of potential codes. The primary level, which indicated whether or not the participant would initiate body talk, was coded no, maybe, or yes. Items were coded as "no" if the participant said he or she would not initiate body talk, or if



participants said they would only engage in body talk “if someone else brought it up first.” If participants reported they would initiate body talk “if...then,” these items were coded as “maybe.” If it was determined that the participant would initiate body talk or might initiate body talk, assistants then coded a secondary level. This secondary level evaluated whether the example of body talk provided was fat talk. Items considered fat talk included those that mentioned “body fat” or “too much” weight (e.g., “I eat a lot” or “bloated”), but not items that included a nonspecific reference to the body (e.g., “my face”) or items that included references to weight loss or feeling too small. If participants did fat talk, the research assistants then coded whether the fat talk was in reference to the self, another individual, or self and other.

Three separate coding schemes were created for the respond (e.g., “When I’m eating in public with a woman I don’t know well and she says something negative about her body...”) items. Initially, three research assistants coded whether the examples provided by participants were body talk, and if so, it was then determined if they were fat talk. Responses that included examples of participants’ thought processes or comments on mood (i.e., “I would think this person is just trying to get attention”) were considered “not interpretable,” as were responses that did not answer the question. Gestures and general comments on weight, without a specific direction (e.g., “I need to get in better shape”), were considered body talk, not fat talk. A separate code was formulated to code if or how participants would respond to ongoing fat talk. This code included nine potential responses, such as “do not respond with body talk” (e.g., “say nothing,” “change the subject,” “laugh and walk away”), solution-focused responses (e.g., “ask her if she wants to go to the gym with me”), and

responses that included saying something negative or positive about the speaker or about the self.

Prior to data analyses, the author compiled data from undergraduate research assistants and resolved any coding conflicts when necessary. This step was required when the two coders did not agree on how an item should be coded and was done separately from the original contingency coefficient reliability analyses of the original undergraduate research assistants.

### **Analyses**

Prior to other analyses, The Warren Fat Talk Scale inter-rater reliability was calculated using contingency coefficients because coding options included more than two possibilities (Cohen, 1988; Siegel, 1957). Items with a contingency coefficient  $\geq .61$  and a  $p$ -value  $\leq .01$  were analyzed (R. M. Webb, personal communication, September 22, 2011). The more stringent  $p$ -value of .01 was used because the null hypothesis was that the ratings were random and the more stringent  $p$ -value indicates greater consistency among raters. Items that assessed face validity (“Can you understand what this item is asking you? If not, what is confusing?”) were analyzed using chi-square analyses to determine differences in responses based on the gender of the participant. Percentages for females and males were calculated for both the “responding” and “initiating” scenarios, including percentages for combined common responses in each scenario. Gender comparisons were made based on these percentages. Please see Appendix C for complete statistical information on each scale item.

## Results

### Reliability and Validity

The Warren Fat Talk Scale utilized a face validity question (“Can you understand what this item is asking you? If not, what was confusing?”) in each scenario in order to assess if participants understood all aspects of the question. Though the majority of participants claimed to have an understanding of each item within the scale, it should be noted that, based on responses and examples of body talk provided, many participants did not have a full understanding of the items.

Based on the chi-square analyses utilized to analyze differences in comprehension based on gender, there were two respond scenarios and two initiate scenarios in which comprehension differed significantly between genders. When interpreting the item that asked for responses to negative body talk when hanging out with a mixed-gender group of strangers with a female speaker, significantly more females than males understood the item with  $\chi^2(1) = 5.18, p = .02$ . When interpreting the item that asked for responses to negative body talk when hanging out with a mixed-gender group of strangers with a male speaker, significantly more females than males understood the item with  $\chi^2(1) = 4.20, p = .04$ .

When interpreting two initiate items, there were two instances in which females and males significantly differed in comprehension. When asked to decide if they would initiate body talk when hanging out with a mixed-gender group of friends, significantly more females than males understood the item with  $\chi^2(1) = 4.27, p = .04$ . Also, when asked to

decide if they would initiate body talk while hanging out with a group of female friends, significantly more females than males understood the item with  $\chi^2(1) = 4.20, p = .04$ . Also, there were seven initiate items for which chi-square could not be calculated because all participants endorsed an understanding of the item.

There were several face validity items that, when coded, either did not have a contingency coefficient of  $\geq 0.61$  or did not have a  $p$ -value of  $\leq 0.01$ . This demonstrates a lack of agreement among raters and difficulty assessing the content of participants' qualitative responses. These items fell under both headings of respond and initiate, and also included items for which participants were asked to provide an example of body talk. There were no items that assessed response style or decision to initiate that did not meet the above-mentioned qualifications for inter-rater reliability.

As mentioned previously, based on the examples of body talk provided by some participants and the feedback provided through the face validity question ("Can you understand what this survey item is asking of you? If not, what was confusing?"), some participants did not understand the definition of body talk and others did not understand the term initiate. Overall, 24 participants' responses were removed from the initiate set based on confusion of body talk with nonverbal body language and misunderstanding of the term initiate. This set of potential outliers included 14 females (19.4%) and 10 males (18.5%), though this difference in genders was not deemed statistically significant.

Because of the qualitative nature of these data, responses were visible prior to the coding process which afforded research assistants some judgment about whether items were or were not understood by participants. For example, some participants did not understand the items at the beginning of the survey but by mid-way noted and demonstrated through

their qualitative responses an increased understanding of the scenarios. Also, some participants responded to the face validity item and noted that they did not understand what type of body talk example to provide or expressed other difficulty in interpretation of the request for an example. However, the qualitative data including the response styles and decisions about initiating body talk demonstrated little to no confusion and are viewed as valid indicators of participants' intentions within the measure.

### **Males**

Considering the magnitude of the data collected on the Warren Fat Talk Scale, the following sections will examine the most common responses within gender for ease of interpretation and to make patterns more salient. See Table 1 for descriptive data on the most common responses by gender.

**Responding and hanging out.** When hanging out with a mixed-gender group of strangers with a female speaker, most commonly male participants (38.9%) opted to not respond to the negative body talk. Similarly, when hanging out with a mixed-gender group of strangers with a male speaker, the most common response from male participants was no response (50%). When hanging out with a group of female strangers, the most common male response was no response (37%). When hanging out with a group of male strangers, the most common male response was no response (40.7%). When hanging out in a dyad with a male stranger, the most common male response to negative body talk was no response (27.8%); however, when hanging out in a dyad with a female stranger, the most common male response was to say something positive (57.4%) about the female in response to her negative body talk.

When hanging out with a mixed-gender group of friends with a male speaker, the most common male response to negative body talk was no response (25.9%); however, when hanging out with a mixed-gender group of friends with a female speaker, the most common male response was to say something positive about the speaker (35.2%). When hanging out with a group of female friends, the most common male response to negative body talk was to say something positive about the speaker (42.6%); however, when hanging out with a group of male friends, the most common male response to negative body talk was no response (29.6%).

When hanging out with a male friend, the most common male response to negative body talk was to say something positive about the friend (22.2%). When hanging out with a female friend, the most common male response to negative body talk was to say something positive about the female friend (42.6%).

**Responding and eating together.** When eating in public with a mixed-gender group of strangers and a female speaker, the most common male response to negative body talk was no response (48.1%). Moreover, when eating in public with a mixed-gender group of strangers and a male speaker, the most common male response was no response (59.3%). When eating in public with a group of female strangers, the most common male response to negative body talk was no response (50%). When eating with a group of male strangers, the most common male response to negative body talk was no response (63%).

When eating with a male stranger in a dyad, the most common male response was to say something positive about the speaker (27.8%). Also, when eating with a female stranger in a dyad, the most common male response was to say something positive about the speaker (44.4%).

When eating with a mixed-gender group of friends with a female speaker, the most common male response to negative body talk was to say something positive about the speaker (33.3%); however, when eating with a mixed-gender group of friends with a male speaker, the most common male response was no response (42.6%). When eating with a group of female friends, the most common male response to negative body talk was to say something positive about the speaker (38.9%); however, when eating with a group of male friends, the most common male response to negative body talk was no response (31.5%). Overall, when eating with a male friend, the most common male response to negative body talk was no response (24.1%); while when eating with a female friend, the most common male response to negative body talk was to say something positive about the speaker (42.6%).

### **Initiating**

When considering the decision to initiate body talk, the most common response for males in each scenario was not to initiate. However, when individual males did choose to initiate body talk, there were eight scenarios in which the examples provided were considered to be fat talk: hanging out and eating with groups of male friends and groups of female friends; hanging out with a mixed-gender group of friends; hanging out in female and male friend dyads; and eating with a mixed-gender group of strangers. In these scenarios, males provided examples of fat talk in reference to the self and in reference to another.

### **Females**

The following section outlines the most common female responses to the vignettes described in the Warren Fat Talk Scale. See Table 1 for descriptive data on the most common responses by gender.

**Responding and hanging out.** When hanging out with a mixed-gender group of strangers with a female speaker, most commonly female participants denied (33.3%) the speaker's negative body talk (e.g., "No, you're not fat"); however, when hanging out with a mixed-gender group of strangers with a male speaker, the most common response from female participants was no response (40.3%). When hanging out with a group of female strangers, the most common female response was no response (31.9%), and when hanging out with a group of male strangers, the most common female response was no response (51.4%).

When hanging out in a dyad with a male stranger, the most common female response to negative body talk was to say something positive about the speaker (41.7%), and this was also the most common response when hanging out in a dyad with a female stranger (40.3%). When hanging out with a mixed-gender group of friends with a male speaker, the most common female response to negative body talk was to deny the negative body talk (22.2%); however, when hanging out with a mixed-gender group of friends with a female speaker, the most common female response was to say something positive about the speaker (38.9%). When hanging out with a group of female friends, the most common female response to negative body talk was to say something positive about the speaker (40.3%), and this was also the most common response when hanging out with a group of male friends. When hanging out with a male friend in a dyad (43.1%) and when hanging out with a female friend in a dyad (37.5%), the most common female response to negative body talk was to say something positive about the friend.

**Responding and eating together.** When eating in public with a mixed-gender group of strangers and a female speaker, the most common female response to negative body talk



was no response (47.2%), and this was also the most common response when eating in public with a mixed-gender group of strangers and a male speaker (55.6%). When eating in public with a group of female strangers, the most common female response to negative body talk was no response (44.4%), which was also the most common female response to negative body talk when eating with a group of male strangers (55.6%). When eating with a male stranger in a dyad, the most common female response was no response (27.8%); however, when eating with a female stranger in a dyad, the most common female response was to say something positive about the speaker (30.6%).

When eating with a mixed-gender group of friends with a female speaker, the most common female response to negative body talk was to say something positive about the speaker (27.8%); however, when eating with a mixed-gender group of friends with a male speaker, the most common female response was no response (27.8%). When eating with a group of female friends, the most common female response to negative body talk was to say something positive about the speaker (34.7%); however, when eating with a group of male friends, the most common female response to negative body talk was no response (26.4%). When eating with a male friend, the most common female response to negative body talk was to say something positive about the speaker (33.3%) that was also the most common response when eating with a female friend (33.3%).

### **Initiating**

When considering the decision to initiate body talk, the most common response for females in each scenario was not to initiate, though there were two contexts in which this was not the case. When hanging out with a group of female friends the most common female

decision was “might” initiate body talk (29.2%), while in a dyad with a female friend the most common female decision was to initiate body talk (34.7%).

Scenarios in which females chose to initiate body talk and the examples of envisioned body talk were coded as fat talk include: hanging out and eating with a group of female strangers; hanging out and eating with a female stranger in a dyad; eating with a male stranger in a dyad; hanging out and eating with a mixed-gender group of friends and strangers; hanging out and eating with group of female friends and a group of male friends; and hanging out and eating with female friend and with male friend. In these contexts, females provided examples of fat talk in reference to the self, another, and self and other.

### **Gender Comparisons**

As stated above, gender comparisons were made based on the percentages of male and female responses within each coded item. See Appendix C for percentages of male and female responses within each scale item.

**Responding.** The overarching category of responding to fat talk subsumes situations in which participants were asked to imagine hanging out and eating together. Participants were also asked to envision these activities in various relational contexts. Several gender differences were noted in these contexts and are outlined below.

When hanging out in a mixed-gender group of strangers with a male speaker, more males than females said that they would say something negative about their own bodies. More females than males replied that they would say something positive about the speaker in response to the speaker’s negative body talk when hanging out with a group of male strangers; however, more males than females said they would respond with a positive and solution-focused comment (e.g., “Would you like to go to the gym with me?”). Also, more

males than females replied with a negative and solution-focused comment (e.g., “You need to work out” or “You could lose weight if you exercised.”) when hanging out with a group of male strangers. When hanging out with a group of female strangers, more females than males replied with a negative comment about themselves in response to the speaker’s negative body talk. More females than males said they would deny the speaker’s negative body talk when hanging out in a dyad with a male stranger; however, more males than females said they would respond with a positive and solution-focused statement.

When in a mixed-gender group of friends with a female speaker, more males than females said they would not respond at all. When in a group of female friends, more males than females said they would not respond while more females than males replied with a negative comment about themselves. When hanging out in a group of male friends, more females than males said they would say something positive about the speaker, as was also the case when in a dyad with a male friend.

When eating in public with a mixed-gender group of strangers with a male speaker, more males than females replied they would say something negative about the other person. More females than males said they would respond by saying something negative about themselves when eating in public with a female stranger.

When eating with female friends, more females than males replied to negative body talk with a negative comment about themselves. Also, when eating in public with a male friend, more males than females said they would not respond to negative body talk.

**Initiating.** The second overarching category within which social contexts were examined was initiating body talk. Participants, again, were asked to envision themselves in these social contexts and determine whether they would initiate body talk.

More females than males said they might initiate body talk when hanging out in a group of female friends. When hanging out with a female friend, more females than males said they would initiate body talk. In addition, more females than males said they might initiate body talk when hanging out with a female friend. When eating with a group of male strangers, more males than females said they might initiate body talk.

When eating with a female friend, more females than males said they might initiate body talk. Moreover, when eating with a group of female friends, more females than males said they might initiate body talk.

### Discussion

The Warren Fat Talk Scale is a first effort at development of a gender neutral measure of negative body talk. This study sought to explore how males and females respond to ongoing negative body talk in several social contexts and also in what situations males and females may initiate negative body talk. Previous studies have focused nearly exclusively on female engagement in this social phenomenon. Clarke et al. (2010) developed a measure to examine frequency of fat talk among college-aged females and found, similarly to Nichter and Vuckovic (1994), that females used negative body talk to voice distress and seek validation from others. Although Martz et al. (2009) assessed male exposure to negative body talk and likelihood of responding, the scale contained some documented gender biases, which limits the generalizability of the results (Stack, Varner, Faw, & Martz, 2012).

The current study again elucidates the concept that individuals rarely admit to initiating negative body talk themselves, yet past research suggests females think other females do this in their social circles (Britton et al., 2006; Tompkins et al., 2009). Moreover, more females than males noted that they would consider initiating body talk or would definitely initiate this form of communication when hanging out or eating with a group of female friends. This was also the case when eating or hanging out with a female friend in a dyad. However, when eating with a group of male strangers, more males than females said that they would initiate body talk. Britton et al. (2006) and Tompkins et al. (2009) found that females view fat talk as normative but do not self-identify as engaging in fat talk. Self-serving biases, such as the false uniqueness effect (Suls, Wan, & Sanders, 1988), provide an

interesting perspective through which to view this pattern. The false uniqueness effect describes a tendency to view our positive qualities as unusual, or not the norm to which we believe others succumb. If the initiation of fat talk is viewed as socially undesirable, then individuals may assume others would initiate this form of communication but deny doing so themselves. If an individual believes it is desirable to be seen as satisfied or content with one's physical appearance, then this might lead one to overestimate how many others would initiate negative body talk. If this is the case, then a perceived cultural norm may maintain fat talk in social circles as previous research suggests that college students tend to like another female who states more positive than negative aspects about her body while thinking that other college students prefer fat talk (Tompkins et al., 2009). This is a valid reason to propose more research on body talk with actual behavioral outcomes rather than utilizing self-report measures.

The current study also found that females and males tended to respond to those of the opposite gender with a positive comment about the speaker or with no response at all. For both females and males, it was common not to respond to fat talk when in groups of strangers while both hanging out and eating together. However, in a dyad with a stranger, both females and males tended to respond with a positive comment about the speaker, as they did when in groups of friends. In both the hanging out and eating together scenarios, it was also common for females and males to not respond to male speakers while in a mixed-gender group and to respond positively to female speakers in mixed-gender groups. Overall, there was a tendency for both females and males to respond with positive comments about the speaker when the speaker was female. Perhaps this tendency to offer support provides further evidence for the supposition that one of the purposes of fat talk is to obtain support and validation from others

(Nichter & Vuckovic, 1994). However, it remains unclear if the initiator of negative body talk is aware of seeking support through this conversational tactic, and if the individual replying with a positive comment is aware of the utility of his or her response. Future research may want to consider the experiences of those who hear negative body talk and reply with a positive comment about the speaker. Perhaps those confronted with negative body talk experience some level of discomfort that contributes to their response, or they may possibly use their response to relieve their own uneasiness.

Davidson and Duberman (1982) studied the content of conversations among males and females and noted that males' conversations tended toward topical discussions (e.g., topics external to the individuals and the relationship). This tendency may be reflected in how males engage with others about their bodies, specifically their focus on exercise. However, the authors found that females' conversations tended to be more personal and included feelings and thoughts about the self and the individual's private life. As noted by Nichter and Vuckovic, (1994), fat talk may serve to not only create solidarity but also to communicate distress and ask for support from peers. Fat talk may, under certain circumstances, be a more personal form of communication utilized primarily by females. Similarly, Wheelless (1976) found self-disclosure to be a critical attribute of solidarity, which again may be reflected in the female use of fat talk.

The supposition that females actively seek support through objectification of their own bodies presents a quandary for the male and female recipients of negative body talk: How can one offer support without contributing to the objectification of the speaker or the self? When considering the individuals who actively respond to negative body talk by speaking negatively about their own bodies, especially within same-gender groups and

dyads, Bem's (1967) theory of self-perception suggests that this type of communication may contribute to an internalization of body dissatisfaction. The theory of self-perception supposes that individuals' attitudes and views of themselves develop through observation of their own behaviors. Perhaps the act of engaging in negative body talk contributes to an individual's attitude about her or his own body. Females, and potentially males, who participate in fat talk in an effort to console others may internalize their own dialogue in a manner that maintains negative body image. Arroyo and Harwood (2012) found that low body satisfaction predicted more fat talk, which may provide support for the supposition that this type of dialogue contributes to an individual's attitudes about her or his own body. Moreover, the authors found that fat talk predicted higher levels of depression and perceived pressure to be thin. This finding may suggest that the positive consequences of fat talk posited by Nichter and Vuckovic (1994) are short-lived and that the long-term consequences are far more detrimental.

Another trend may suggest that engagement in negative body talk, or fat talk, is primarily limited to conversations between same-gender speakers. Females noted that they would engage in fat talk dialogue when hanging out with a group of female friends, if a friend initiated the conversation with negative body talk. Females also reported that they would engage in this type of communication when eating with a female stranger in a dyad and when eating with female friends. However, males noted that they would engage in negative body talk when a male in a mixed-gender group initiated it. Bem's (1984) gender schema theory may suggest that both males and females may view this type of communication as gender-specific. If males perceive fat talk to be a female-form of communication, then participation in this form of dialogue may suggest a male is not



masculine. This gender-based assumption related to individual gender biases about who is initiating and participating in negative body talk may contribute to the gender biases in previous scales (Stack et al., 2012) and the differences in comprehension within the Warren Fat Talk Scale. Moreover, this interpretation may suggest the need for a separate body talk scale for males that more directly addresses how they communicate body dissatisfaction. An experiment focused on the experiences of males with behavioral outcomes may provide a wealth of information about the communication of body dissatisfaction among males. One such experiment might focus on how males respond when in a group of confederates that are engaging in fat talk as well as how males respond when confronted with body talk that is focused on muscularity.

### **Limitations**

Because of the qualitative nature of the original data, there may have been some unintended biases on the parts of the research assistants during coding. Some participants indicated their own genders in their qualitative responses when completing the survey, and it is possible this information contributed to how the assistants coded the data based on their own gender biases. For example, some may have assumed that “only females” would speak in a certain way about the body and weight. This may have unintentionally influenced their perceptions of the qualitative data and therefore influenced their coding of said data. The gender of the coder may have also influenced perceptions of participants’ qualitative responses.

Another inherent limitation is the task of coding qualitative data, which at times may contribute to inadvertent assumptions. For example, the statement “a man says he is unhappy with his stomach” is rather unclear in terms of meaning. Based on the qualitative data, it was

common for males to complain about not being muscular enough. So, there may have been inherent gender bias when determining if this statement referred to excessive fat or lack of muscle.

This conundrum exposes a larger question of whether the body talk in which males engage can or should be labeled fat talk. Typical male examples of body talk on the Warren Fat Talk Scale tended to focus on building muscle or being too small, with fewer examples focused on being too large or the need to lose weight. Pope, Phillips, and Olivardia (2000) termed this focus on muscularity, or rather this dissatisfaction and concern with body image, the Adonis Complex. Future research should consider if body talk focused on building muscle and the desire to be larger is a separate social phenomenon, and if so, how this type of body talk contributes to male perceptions of body weight and males with disordered eating. Moreover, future research should consider the function of this body talk between males and ways it may differ from the functions of fat talk for females.

Another limitation of this study is within the initiate section of the scale. Participants were asked if they would initiate body talk and also asked to provide an example of the body talk they would initiate. As mentioned previously, several participants did not understand the term initiate and were unable to complete this section of the survey. Moreover, many of the examples of body talk provided were not examples of fat talk and were not coded further. Future versions of this measure need to consider different language in an effort to make this concept more accessible while maintaining the integrity of the measure.

Language was a significant limitation of this scale. It was not uncommon for participants to relay confusion about many of the terms used within the scale. Significantly, 15% of female and 18.5 % of male participants were removed from the initiate data because

they did not understand the term initiate. Specifically, the next version of this scale should consider the verbiage “start a conversation” in the place of initiate. Also, participants expressed confusion over the term body talk for which a replacement may include the explanation “conversation about a person’s body.” This level of attrition represents a significant limitation of this study. The language used in this version of the scale made it impossible for these individuals to complete the measure.

The length of this measure also proved to be a limitation. Participants commented on the length of time to completion as well as the overall similarity of the scenarios. In combination, these issues made the scale more difficult to understand, especially the nuances of each scenario; there was an undeniable sense of repetition. The next version of this scale should consider removal of the eating together context. This scenario was initially included because of the supposition that body issues may be more salient when eating and this would elicit a different response pattern than simply hanging out; however, this did not prove to be true. In an effort to make the next version of this scale more parsimonious, vignettes may want to include only same-gender groups and dyads, as this scale revealed a tendency to engage in body talk more with those of the same gender.

Another limitation within the scale may be the use of the category *do not respond* to which multiple qualitative responses were assigned. This category may have served as more of a catchall than was intended. Responses that fell into this category included those that involved lack of a verbal response and those that included laughing and walking away. Future research may look more closely at the responses within this category in an effort to understand nonverbal ways in which individuals respond to negative body talk.

Based on the finding that male negative body talk sometimes has a focus separate from that of female negative body talk (e.g., focus on muscularity rather than fat), subsequent versions of this scale should consider the utility of scenarios focused solely on the experiences of males, specifically in contexts with male speakers. As mentioned previously, qualitative responses by males on the Warren Fat Talk Scale tended to include an emphasis on muscularity, and this theme should be reflected in the next version of the scale. The type of body talk in which males engage during exercise may provide a depth of information about male body image not reflected in other social contexts. A subsequent version may aim to assess all forms of body talk with a focus on various areas of the body (e.g., “My butt is fat.” “My abs are weak.”).

Male focus groups are an appropriate next step in the development of this scale. These focus groups would expose researchers to the language males use when talking about their bodies and likely prevent the limitations caused by the current language in the scale. In order to elicit genuine body talk between males, researchers should carefully consider in what context males might most comfortably discuss their bodies.

Though the differences between the scenarios hanging out and eating together were not statistically analyzed, qualitatively there were no differences noted. In general, the context of sharing a meal did not contribute to a change in tendency to respond or initiate body talk. However, the design of this study and the need for participants to imagine the scenarios may have limited the differences between these scenarios. Likely, an experiment with behavioral outcomes would provide greater clarity on the differences these scenarios may elicit from participants.

The Warren Fat Talk Scale provided evidence of fat talk in males yet revealed some gender differences in how males and females engage in body talk. The inclusive nature of this scale resulted in a breadth of information about when males and females participate in negative body talk; however, it also exposed a need for greater information on males' experiences of body talk and body dissatisfaction, including potential functions of negative body talk among males.

### References

- American Psychological Association. (2010). Ethical principles of psychologists and code of conduct. Retrieved September, 2010 from <http://www.apa.org/ethics/>
- Arroyo, A., & Harwood, J. (2012). Exploring the causes and consequences of engaging in fat talk. *Journal of Applied Communication Research, 40*(2), 167-187.  
DOI:10.1080/00909882.2012.654500
- Barwick, A., Bazzini, D., Martz, D., Rocheleau, C., & Curtin, L. (2012). Testing the norm to fat talk for women of varying size: What's weight got to do with it? *Body Image, 9*(1), 176-179.
- Bem, D. J. (1967). Self-perception: An alternative interpretation of cognitive dissonance phenomenon. *Psychological Review, 74*(3), 183-200.
- Bem, S. L. (1984). Androgyny and gender schema theory: A conceptual and empirical investigation. *Nebraska Symposium on Motivation, 32*(3), 179-226.
- Britton, L. E., Martz, D. M., Bazzini, D. G., Curtin, L. A., & LeaShomb, A. (2006). Fat talk and self-presentation of body image: Is there a social norm for women to self-degrade? *Body Image, 3*(3), 247-254. doi: 10.1016/j.bodyim.2006.05.006
- Clarke, P. M., Murnen, S. K., & Smolak, L. (2010). Development and psychometric evaluation of a quantitative measure of "fat talk". *Body Image, 7*(1), 1-7.
- Cohen, J. (1988). *Statistical power analyses for the behavioral sciences*. Hillsdale, NJ: Erlbaum.

- Davidson, L. R., & Duberman, L. (1982). Friendship: Communication and interactional patterns in same-sex dyads. *Sex Roles, 8*(8), 809-822. doi: 10.1007/BF00287852
- Fischer, A. R., Good, G. E., & Hill, M. S. (2000). Assessing women's feminist identity development: Studies of convergent, discriminant, and structural validity. *Psychology of Women Quarterly, 24*(1), 15-29.
- Gapinski, K. D., Brownwell, K. D., & LaFrance, M. (2003). Body objectification and "Fat Talk": Effects on emotion, motivation, and cognitive performance. *Sex Roles, 48*(9-10), 377-388.
- Garner, D. M., Olmsted, M. P., Bohr, Y., & Garfinkel, P. E. (1982). The eating attitudes test: Psychometric features and clinical correlates. *Psychological Medicine, 12*, 871-878.
- Jack, D. C., & Dill, D. (1992). The silencing the self scale: Schemas of intimacy associated with depression in women. *Psychology of Women Quarterly, 16*(1), 97-106.
- Martz, D. M., Curtin, L., & Bazzini, D. (2012). Body image and fat talk. In T. F. Cash (Ed.), *Encyclopedia of Body Image and Human Appearance* (pp. 120-127). San Diego: Academic Press.
- Martz, D. M., Petroff, A. B., Curtin, L., & Bazzini, D. G. (2009). Gender differences in fat talk among American adults: Results from the psychology of size survey. *Sex Roles, 61*(1-2), 34-41. doi: 10.1007/s11199-009-9587-7
- McKinley, N. M., & Hyde, J. S. (1996). The objectified body consciousness scale: Development and validation. *Psychology of Women Quarterly, 20*(2), 181-215.
- Mendelson, B. K., Mendelson, M. J., & White, D. R. (2001). Body esteem scale for adolescents and adults. *Journal of Personality Assessment, 76*(1), 90-106.

- Nichter, M. (2000). *Fat talk: What girls and their parents say about dieting*. Cambridge, MA: Harvard University.
- Nichter, M., & Vuckovic, N. (1994). Fat talk: Body image among adolescent girls. In N. Sault (Ed.), *Many mirrors: Body image and social relations* (pp. 109-131). New Brunswick, NJ: Rutgers University.
- Ousley, L. B. (1986). Differences among bulimic subgroups, binge eaters, and normal eaters in a female college population. *Dissertation Abstracts International*, 47(5-B), 2178.
- Ousley, L., Cordero, E. D., & White, S. (2008). Fat talk among college students: How undergraduates communicate regarding food and body weight, shape and appearance. *Eating Disorders*, 16(1), 73-84.
- Pope, H. G., Phillips, K. A., & Olivardia, R. (2000). *The Adonis complex: The secret crisis of male body obsession*. New York, NY: Simon & Schuster.
- Rogers, E. S., Chamberlin, J., Ellison, M. L., & Crean, T. (1997). A consumer-constructed scale to measure empowerment among users of mental health services. *Psychiatric Services*, 48, 1042-1047.
- Siegel, S. (1957). Nonparametric statistics. *The American Statistician*, 11(3), 13-19.
- Stack, K., Varner, L. Faw, Z & Martz, D. (2012, April). *Examining gender bias of a fat talk scale*. Poster presented at the Research and Creative Endeavors Fair, Appalachian State University, Boone, NC.
- Suls, J., Wan, C. K., & Sanders, G. S. (1988). False consensus and false uniqueness in estimating the prevalence of health-protective behaviors. *Journal of Applied Social Psychology*, 18(1), 66-79.



- Tompkins, B. K., Martz, D. M., Rocheleau, C. A., & Bazzini, D. G. (2009). Social likeability, conformity, and body talk: Does fat talk have a normative rival in female body image conversations? *Body Image*, 6(4), 292-298. doi: 10.1016/j.bodyim.2009.07.005
- Tucker, K. L., Martz, D. M., Curtin, L. A., & Bazzini, D. G. (2007). Examining “fat talk” experimentally in a female dyad: How are women influenced by another woman’s body presentation style? *Body Image*, 4(2), 157-164.
- Watson, D., & Friend, R. (1969). Measurement of social-evaluative anxiety. *Journal of Consulting and Clinical Psychology*, 33, 448-457.
- Wheless, L. R. (1976). Self-disclosure and interpersonal solidarity: Measurement, validation, and relationships. *Human Communication Research*, 3(1), 47-61. doi: 10.1111/j.1468-2958.1976.tb00503.x

Table 1

*Percentages of Most Common Responses by Gender*

Survey Item	Hanging Out			Eating Together		
	Males	Females	Total Sample	Males	Females	Total Sample
Group of women and men that I don't know well with a female speaker	38.9%	33.3%	32.5%	48.1%	47.2%	47.6%
	no response	deny negative	no response	no response	no response	no response
Group of women and men I don't know well with a male speaker	50%	40.3%	44.4%	59.3%	55.6%	57.1%
	no response	no response	no response	no response	no response	no response
Group of women I don't know well	37%	31.9%	34.1%	50%	44.4%	46.8%
	no response	no response	no response	no response	no response	no response
Group of men I don't know well	40.7%	51.4%	46.8%	63%	55.6%	58.7%
	no response	no response	no response	no response	no response	no response
A man I don't know well	27.8%	41.7%	34.9%	27.8%	27.8%	27%
	no response	positive/ other	positive/ other	positive/ other	no response	no response
A woman I don't know well	57.4%	40.3%	47.6%	44.4%	30.6%	36.5%
	positive/ other	positive/ other	positive/ other	positive/ other	positive/ other	positive/ other
Group of women and men with whom I'm a friend with a male speaker	25.9%	22.2%	19%	42.6%	27.8%	34.1%
	no response	deny negative	positive/ other	no response	no response	no response



**Appendix A**

**To:** Allison Warren CAMPUS MAIL

**From:** \_\_\_\_\_

Julie Taubman, Institutional Review Board

**Date:** 9/28/2010

**RE:** Notice of IRB Exemption

**Study #:** 11-0062

**Study Title:** Development of a Scale to Examine Body Talk

**Exemption Category:** (2) Anonymous Educational Tests; Surveys, Interviews or Observations

This submission has been reviewed by the IRB Office and was determined to be exempt from further review according to the regulatory category cited above under 45 CFR 46.101(b). Should you change any aspect of the proposal, you must contact the IRB before implementing the changes to make sure the exempt status continues to apply. Otherwise, you do not need to request an annual renewal of IRB approval. Please notify the IRB Office when you have completed the study.

**CC:**

Denise Martz, Psychology

**Imagined Example of Body Talk:**

Primary:

Is this body talk? 1=yes 2=no . = not interpretable

If coded 1 (yes, body talk), proceed to secondary coding

Secondary:

Is this fat talk? 1=yes 2=no

**Appendix B****RESPONDING****1. *Hanging Out, Responding, Strangers (mixed-gender group with female speaker)***

When I'm hanging out with a group of women and men that I don't know well, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**2. *Hanging out, Responding, Strangers (mixed-gender group with male speaker)***

When I'm hanging out with a group of women and men that I don't know well, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**3. *Hanging Out, Responding, Strangers (group of women)***

When I'm hanging out with a group of women that I don't know well, and a woman says something negative about her body:

**Response:**

A: do not respond with body talk

B: say something negative about my own body

C: say something positive about my own body

D: say something negative/insensitive about her/his body

E: say something positive/sensitive about her/his body

F: deny negative body talk

G: solution-focused positive

H: solution-focused negative or neutral

I: not relevant/not interpretable

**Imagined Example of Body Talk:**

Primary:

Is this body talk? 1=yes 2=no . = not interpretable

If coded 1 (yes, body talk), proceed to secondary coding

Secondary:

Is this fat talk? 1=yes 2=no

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**4. Hanging out, Responding, Strangers (Group of men)**

When I'm hanging out with a group of men that I don't know well, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**5. Hanging out, Strangers, Responding, Male (one on one)**

When I'm hanging out with a man that I don't know well, and he says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**6. Hanging out, strangers, responding, female (one-on-one)**

When I'm hanging out with a woman I don't know well, and she says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

**Response:**

A: do not respond with body talk

B: say something negative about my own body

C: say something positive about my own body

D: say something negative/insensitive about her/his body

E: say something positive/sensitive about her/his body

F: deny negative body talk

G: solution-focused positive

H: solution-focused negative or neutral

I: not relevant/not interpretable

**Imagined Example of Body Talk:**

Primary:

Is this body talk? 1=yes 2=no . = not interpretable

If coded 1 (yes, body talk), proceed to secondary coding

Secondary:

Is this fat talk? 1=yes 2=no

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**7. Hanging out, Responding, Platonic, Mixed-gender Group with male speaker**

When I'm hanging out with a group of women and men with whom I'm a friend, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**8. Hanging out, Responding, Platonic, Mixed-gender Group, female speaker**

When I'm hanging out with a group of women and men with whom I'm a friend, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**9. Hanging out, Responding, Platonic, Female group**

When I'm hanging out with a group of women with whom I'm a friend, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

**Response:**

A: do not respond with body talk

B: say something negative about my own body

C: say something positive about my own body

D: say something negative/insensitive about her/his body

E: say something positive/sensitive about her/his body

F: deny negative body talk

G: solution-focused positive

H: solution-focused negative or neutral

I: not relevant/not interpretable

**Imagined Example of Body Talk:**

Primary:

Is this body talk? 1=yes 2=no . = not interpretable

If coded 1 (yes, body talk), proceed to secondary coding

Secondary:

Is this fat talk? 1=yes 2=no

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**10. Hanging Out, Platonic, Responding, Male group**

When I'm hanging out with a group of men with whom I'm a friend, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**11. Hanging out, platonic, responding, male (one-on-one)**

When I'm hanging out with a man with whom I'm a friend, and he says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**12. Hanging out, friends, responding, female (one-on-one)**

When I'm hanging out with a woman with whom I'm a friend, and she says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

**Response:**

A: do not respond with body talk

B: say something negative about my own body

C: say something positive about my own body

D: say something negative/insensitive about her/his body

E: say something positive/sensitive about her/his body

F: deny negative body talk

G: solution-focused positive

H: solution-focused negative or neutral

I: not relevant/not interpretable



**Imagined Example of Body Talk:**

Primary:

Is this body talk? 1=yes 2=no . = not interpretable

If coded 1 (yes, body talk), proceed to secondary coding

Secondary:

Is this fat talk? 1=yes 2=no

Can you understand what this survey item is asking of you? If not, what is confusing?

**13. Eating Together, strangers, Responding, mixed-gender group, female speaker**

When I'm eating in public with a group of women and men that I don't know well, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**14. Eating Together, Strangers, Responding, Mixed-gender group with Male Speaker**

When I'm eating in public with a group of women and men that I don't know well, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**15. Eating Together, Strangers, Responding, Group of Women**

When I'm eating in public with a group of women that I don't know well, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

**Response:**

A: do not respond with body talk

B: say something negative about my own body

C: say something positive about my own body

D: say something negative/insensitive about her/his body

E: say something positive/sensitive about her/his body

F: deny negative body talk

G: solution-focused positive

H: solution-focused negative or neutral

I: not relevant/not interpretable

**Imagined Example of Body Talk:**

Primary:

Is this body talk? 1=yes 2=no . = not interpretable

If coded 1 (yes, body talk), proceed to secondary coding

Secondary:

Is this fat talk? 1=yes 2=no

Can you understand what this survey item is asking of you? If not, what is confusing?

**16. Eating Together, Strangers, Responding, Group of Men**

When I'm eating in public with a group of men that I don't know well, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**17. Eating together, Strangers, Responding, Male (one-on-one)**

When I'm eating in public with a man that I don't know well, and he says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**18. Eating Together, Strangers, Responding, Female (one-on-one)**

When I'm eating in public with a woman that I don't know well, and she says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

**Response:**

A: do not respond with body talk

B: say something negative about my own body

C: say something positive about my own body

D: say something negative/insensitive about her/his body

E: say something positive/sensitive about her/his body

F: deny negative body talk

G: solution-focused positive

H: solution-focused negative or neutral

I: not relevant/not interpretable

**Imagined Example of Body Talk:**

Primary:

Is this body talk? 1=yes 2=no . = not interpretable

If coded 1 (yes, body talk), proceed to secondary coding

Secondary:

Is this fat talk? 1=yes 2=no

Can you understand what this survey item is asking of you? If not, what is confusing?

**19. Eating Together, Responding, Platonic, Mixed-gender Group, female speaker**

When I'm eating in public with a group of women and men with whom I'm a friend, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**20. Eating Together, Responding, Platonic, Mixed-gender Group with male speaker**

When I'm eating in public with a group of women and men with whom I'm a friend, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**21. Eating Together, Responding, Platonic, Female group**

When I'm eating in public with a group of women with whom I'm a friend, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

**Response:**

A: do not respond with body talk

B: say something negative about my own body

C: say something positive about my own body

D: say something negative/insensitive about her/his body

E: say something positive/sensitive about her/his body

F: deny negative body talk

G: solution-focused positive

H: solution-focused negative or neutral

I: not relevant/not interpretable

**Imagined Example of Body Talk:**

Primary:

Is this body talk? 1=yes 2=no . = not interpretable

If coded 1 (yes, body talk), proceed to secondary coding

Secondary:

Is this fat talk? 1=yes 2=no

Can you understand what this survey item is asking of you? If not, what is confusing?

**22. Eating together, Platonic, Responding, Male group**

When I'm eating in public with a group of men with whom I'm a friend, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**23. Eating together, platonic, responding, male (one-on-one)**

When I'm eating in public with a man with whom I'm a friend, and he says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

Can you understand what this survey item is asking of you? If not, what is confusing?

**24. Eating together, Friends, Responding, Female (one-on-one)**

When I'm eating in public with a woman with whom I'm a friend, and she says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

What would you do in this situation? How would you respond?

**Response:**

A: do not respond with body talk

B: say something negative about my own body

C: say something positive about my own body

D: say something negative/insensitive about her/his body

E: say something positive/sensitive about her/his body

F: deny negative body talk

G: solution-focused positive

H: solution-focused negative or neutral

I: not relevant/not interpretable

**Imagined Example of Body Talk:**

Primary:

Is this body talk? 1=yes 2=no . = not interpretable

If coded 1 (yes, body talk), proceed to secondary coding

Secondary:

Is this fat talk? 1=yes 2=no

Can you understand what this survey item is asking of you? If not, what is confusing?

**INITIATING****1. *Hanging out, Strangers, Initiating, mixed-gender group***

When I'm hanging out with a group of women and men I don't know well:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

**2. *Hanging out, Strangers, Initiating, Group of women***

When I'm hanging out with a group of women I don't know well:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

**3. *Hanging out, Strangers, Initiating, Group of Men***

When I'm hanging out with a group of men I don't know well:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

**Response:**

A: do not respond with body talk

B: say something negative about my own body

C: say something positive about my own body

D: say something negative/insensitive about her/his body

E: say something positive/sensitive about her/his body

F: deny negative body talk

G: solution-focused positive

H: solution-focused negative or neutral

I: not relevant/not interpretable

## Primary

A: no, not initiate body talk

B: yes, initiate body talk---proceed to secondary

C: might initiate body talk---proceed to secondary

D: not relevant/not interpretable

## Secondary (Is this fat talk?)

1=yes and proceed to tertiary

2=no

## Tertiary (Fat talk is in reference to...)

1=self

2=other

3=both self and other

4=not interpretable/not applicable

**4. Hanging out, Strangers, Initiating, female (one-on-one)**

When I'm hanging out with a woman I don't know well:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

**5. Hanging out, strangers, initiating, male (one-on-one)**

When I'm hanging out with a man I don't know well:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

**6. Hanging Out, Initiating, mixed-gender group, friends**

When I'm hanging out with a group of women and men with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

**7. Hanging out, Initiating, group of women, friends**

When I'm hanging out with a group of women with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

## Primary

A: no, not initiate body talk

B: yes, initiate body talk---proceed to secondary

C: might initiate body talk---proceed to secondary

D: not relevant/not interpretable

## Secondary (Is this fat talk?)

1=yes and proceed to tertiary

2=no

## Tertiary (Fat talk is in reference to...)

1=self

2=other

3=both self and other

4=not interpretable/not applicable

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

8. **Hanging out, Initiating, group of men, friends**

When I'm hanging out with a group of men with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

9. **Hanging out, friends, initiating, female (one-on-one)**

When I'm hanging out with a woman with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

10. **Hanging out, friends, initiating, male (one-on-one)**

When I'm hanging out with a man with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

## Primary

A: no, not initiate body talk

B: yes, initiate body talk---proceed to secondary

C: might initiate body talk---proceed to secondary

D: not relevant/not interpretable

## Secondary (Is this fat talk?)

1=yes and proceed to tertiary

2=no

## Tertiary (Fat talk is in reference to...)

1=self

2=other

3=both self and other

4=not interpretable/not applicable

11. **Eating Together, Strangers, Initiating, mixed-gender group**

When I'm eating in public with a group of women and men I don't know well:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

12. **Eating Together, Strangers, Initiating, Group of women**

When I'm eating in public with a group of women I don't know well:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

13. **Eating Together, Strangers, Initiating, Group of Men**

When I'm eating in public with a group of men I don't know well:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

14. **Eating Together, Strangers, Initiating, female (one-on-one)**

When I'm eating in public with a woman I don't know well:

What would you do in this situation? Would you initiate body talk?



## Primary

A: no, not initiate body talk

B: yes, initiate body talk---proceed to secondary

C: might initiate body talk---proceed to secondary

D: not relevant/not interpretable

## Secondary (Is this fat talk?)

1=yes and proceed to tertiary

2=no

## Tertiary (Fat talk is in reference to...)

1=self

2=other

3=both self and other

4=not interpretable/not applicable

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

15. **Eating together, strangers, initiating, male (one-on-one)**

When I'm eating in public with a man I don't know well:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

16. **Eating together, Initiating, group of men, friends**

When I'm eating in public with a group of men with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

17. **Eating together, Initiating, group of women, friends**

When I'm eating in public with a group of women with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

## Primary

A: no, not initiate body talk

B: yes, initiate body talk---proceed to secondary

C: might initiate body talk---proceed to secondary

D: not relevant/not interpretable

## Secondary (Is this fat talk?)

1=yes and proceed to tertiary

2=no

## Tertiary (Fat talk is in reference to...)

1=self

2=other

3=both self and other

4=not interpretable/not applicable

18. **Eating Together, Initiating, mixed-gender group, friends**

When I'm eating in public with a group of women and men with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

19. **Eating together, friends, initiating, female (one-on-one)**

When I'm eating in public with a woman with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

20. **Eating together, friends, initiating, male (one-on-one)**

When I'm eating in public with a man with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

Please provide a brief example of body talk you are imagining in this situation:

Can you understand what this survey item is asking of you? If not, what is confusing?

## Appendix C

### RESPOND

#### *Scenario 1*

When I'm hanging out with a group of women and men that I don't know well, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this example body talk?

CC = .57,  $p < .01$ \*

Code	Female	Male	Total
Yes	62 86.10%	46 85.20%	108 85.70%
No	4 5.60%	6 11.10%	10 7.90%
Not Interpretable	6 8.30%	2 3.70%	8 6.30%
Total	72 100.00%	54 100.00%	126 100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Is example fat talk?

CC = .61,  $p < .01$

Code	Female	Male	Total
Yes	52 82.50%	31 67.40%	83 76.10%
No	10 15.90%	15 32.60%	25 22.90%
Not Interpretable	1 1.60%	0 0.00%	1 0.90%
Total	63 100.00%	46 100.00%	109 100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .87,  $p < .01$

Code	Female	Male	Total
No response	20	21	41
	27.80%	38.90%	32.50%
Negative about self	0	1	1
	0.00%	1.90%	0.80%
Negative about other	0	2	2
	0.00%	3.70%	1.60%
Positive about other	23	16	39
	31.90%	29.60%	31.00%
Deny negative	24	11	35
	33.30%	20.40%	27.80%
Solution-focused and positive	2	1	3
	2.80%	1.90%	2.40%
Solution-focused and negative	2	0	2
	2.80%	0.00%	1.60%
Not interpretable	1	2	3
	1.40%	3.70%	2.40%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 5.18, p = .02^*$

Code	Female	Male	Total
Yes	49	43	92
	70.00%	87.80%	77.30%
No	21	6	27
	30.00%	12.20%	22.70%
Total	70	49	119
	100.00%	100.00%	100.00%

\* $\chi^2$  represents significant difference between genders

-Percentages represent those within gender

*Scenario 2*

When I'm hanging out with a group of women and men that I don't know well, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this example body talk?

CC = .51,  $p < .01^*$

Code	Female	Male	Total
Yes	58	47	105

		80.60%	87.00%	83.30%
No	9	5	14	
		12.50%	9.30%	11.10%
Not Interpretable	5	2	7	
		6.90%	3.70%	5.60%
Total	72	54	126	
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

### Is example fat talk?

CC = .64,  $p < .01$

Code	Female	Male	Total	
Yes	12	18	30	
		20.70%	38.30%	28.60%
No	46	29	75	
		79.30%	61.70%	71.40%
Total	58	47	105	
		100.00%	100.00%	100.00%

-Percentages represent those within gender

### What would you do in this situation? How would you respond?

CC = .91,  $p < .01$

Code	Female	Male	Total	
No response)	29	27	56	
		40.30%	50.00%	44.40%
Negative about self	0	5	5	
		0.00%	9.30%	4.00%
Negative about other	7	1	8	
		9.70%	1.90%	6.30%
Positive about other	13	4	17	
		18.10%	7.40%	13.50%
Deny negative	13	6	19	
		18.10%	11.10%	15.10%
Solution-focused/positive	2	4	6	
		2.80%	7.40%	4.80%
Solution-focused/negative	7	7	14	
		9.70%	13.00%	11.10%
Not interpretable	1	0	1	
		1.40%	0.00%	0.80%
Total	72	54	126	
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 4.20, p = .04^*$

Code	Female	Male	Total
Yes	61 84.70%	50 96.20%	111 89.50%
No	11 15.30%	2 3.80%	13 10.50%
Total	72 100.00%	52 100.00%	124 100.00%

\* $\chi^2$  represents significant difference between genders

-Percentages represent those within gender

*Scenario 3*

When I'm hanging out with a group of women that I don't know well, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .60,  $p < .01^*$

Code	Female	Male	Total
Yes	59 81.90%	47 87.00%	106 84.10%
No	5 6.90%	5 9.30%	10 7.90%
Not Interpretable	8 11.10%	2 3.70%	10 7.90%
Total	72 100.00%	54 100.00%	126 100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Is example fat talk?

CC = .67,  $p < .01$

Code	Female	Male	Total
Yes	38 64.40%	23 48.90%	61 57.50%
No	21 35.60%	24 51.10%	45 42.50%
Total	59 100.00%	47 100.00%	106 100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .84,  $p < .01$

Code		Female	Male	Total
No response	23	20		43
		31.90%	37.00%	34.10%
Negative about self	7	0		7
		9.70%	0.00%	5.60%
Positive about other	21	19		40
		29.20%	35.20%	31.70%
Deny negative	13	14		27
		18.10%	25.90%	21.40%
Solution-focused/positive	4	1		5
		5.60%	1.90%	4.00%
Solution-focused/negative	3	0		3
		4.20%	0.00%	2.40%
Not interpretable	1	0		1
		1.40%	0.00%	0.80%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 3.11, p = .08$

Code		Female	Male	Total
Yes	64	51		115
		90.10%	98.10%	93.50%
No	7	1		8
		9.90%	1.90%	6.50%
Total		71	52	123
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 4*

When I'm hanging out with a group of men that I don't know well, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .69,  $p < .01$

Code		Female	Male	Total
Yes		58	43	101
		80.60%	79.60%	80.20%
No		7	8	15
		9.70%	14.80%	11.90%
Not Interpretable		7	3	10

	9.70%	5.60%	7.90%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

CC = .67,  $p < .01$

Code	Female	Male	Total
Yes	13	9	22
	22.40%	20.90%	21.80%
No	45	34	79
	77.60%	79.10%	78.20%
Total	58	43	101
	100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .88,  $p < .01$

Code	Female	Male	Total
No response	37	22	59
	51.40%	40.70%	46.80%
Negative about self	1	3	4
	1.40%	5.60%	3.20%
Negative about other	4	3	7
	5.60%	5.60%	5.60%
Positive about other	13	3	16
	18.10%	5.60%	12.70%
Deny negative	8	5	13
	11.10%	9.30%	10.30%
Solution-focused/positive	3	8	11
	4.20%	14.80%	8.70%
Solution-focused/negative	4	9	13
	5.60%	16.70%	10.30%
Not interpretable	2	1	3
	2.80%	1.90%	2.40%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 1.55, p = .21$

Code	Female	Male	Total
Yes	65	50	115
	90.30%	96.20%	92.70%



No	7	2	9
	9.70%	3.80%	7.30%
Total	72	52	124
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 5*

When I'm hanging out with a man that I don't know well, and he says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .58,  $p < .01$ \*

Code	Female	Male	Total
Yes	59	44	103
	81.90%	81.50%	81.70%
No	3	8	11
	4.20%	14.80%	8.70%
Not Interpretable	10	2	12
	13.90%	3.70%	9.50%
Total	72	54	126
	100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Is this an example of fat talk?

CC = .67,  $p < .01$

Code	Female	Male	Total
Yes	16	12	28
	27.10%	27.30%	27.20%
No	43	32	75
	72.90%	72.70%	72.80%
Total	59	44	103
	100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .88,  $p < .01$

Code	Female	Male	Total
No response	13	15	28
	18.10%	27.80%	22.20%
Negative about self	0	2	2
	0.00%	3.70%	1.60%
Negative about other	4	3	7
	5.60%	5.60%	5.60%

Positive about other	30	14	44
		41.70%	25.90% 34.90%
Deny negative	16	4	20
		22.20%	7.40% 15.90%
Solution-focused/positive	1	7	8
		1.40%	13.00% 6.30%
Solution-focused/negative	5	9	14
		6.90%	16.70% 11.10%
Not interpretable	3	0	3
		4.20%	0.00% 2.40%
Total		72	54 126
		100.00%	100.00% 100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$$\chi^2(1) = .22, p = .64$$

Code	Female	Male	Total
Yes	66	50	116
	94.30%	96.20%	95.10%
No	4	2	6
	5.70%	3.80%	4.90%
Total	70	52	122
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 6*

When I'm hanging out with a woman I don't know well, and she says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

$$CC = .61, p < .01$$

Code	Female	Male	Total
Yes	61	44	105
	84.70%	81.50%	83.30%
No	4	6	10
	5.60%	11.10%	7.90%
Not Interpretable	7	4	11
	9.70%	7.40%	8.70%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

CC = .67,  $p < .01$

Code	Female	Male	Total
Yes	36	19	55
	59.00%	43.20%	52.40%
No	25	25	50
	41.00%	56.80%	47.60%
Total	61	44	105
	100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .89,  $p < .01$

Code	Female	Male	Total
No response	7	4	11
	9.70%	7.40%	8.70%
Negative about self	7	1	8
	9.70%	1.90%	6.30%
Negative about other	1	0	1
	1.40%	0.00%	0.80%
Positive about other	29	31	60
	40.30%	57.40%	47.60%
Deny negative	18	12	30
	25.00%	22.20%	23.80%
Solution-focused/positive	5	4	9
	6.90%	7.40%	7.10%
Solution-focused/negative	3	0	3
	4.20%	0.00%	2.40%
Not interpretable	2	2	4
	2.80%	3.70%	3.20%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .10, p = .75$

Code	Female	Male	Total
Yes	69	51	120
	97.20%	98.10%	97.60%
No	2	1	3
	2.80%	1.90%	2.40%
Total	71	52	123
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 7*

When I'm hanging out with a group of women and men with whom I'm a friend, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .64,  $p < .01$

Code		Female	Male	Total
Yes	59	42		101
		81.90%	77.80%	80.20%
No	5	7		12
		6.90%	13.00%	9.50%
Not Interpretable	8	5		13
		11.10%	9.30%	10.30%
Total		72	54	126
		100.00%	100.00%	100.00%

-Subscript letter denotes subset of gender categories whose proportions do not differ significantly from each other at the .05 level

-Percentages represent those within gender

Is this an example of fat talk?

CC = .69,  $p < .01$

Code		Female	Male	Total
Yes	23	8		31
		39.00%	19.00%	30.70%
No	36	34		70
		61.00%	81.00%	69.30%
Total		59	42	101
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .88,  $p < .01$

Code		Female	Male	Total
No response	9	14		23
		12.50%	25.90%	18.30%
Negative about self	1	0		1
		1.40%	0.00%	0.80%
Negative about other	9	7		16
		12.50%	13.00%	12.70%
Positive about other	15	9		24
		20.80%	16.70%	19.00%
Deny negative	16	7		23
		22.20%	13.00%	18.30%

Solution-focused/positive	7	5	12
	9.70%	9.30%	9.50%
Solution-focused/negative	12	8	20
	16.70%	14.80%	15.90%
Not interpretable	3	4	7
	4.20%	7.40%	5.60%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .10, p = .75$

Code	Female	Male	Total
Yes	70	52	122
	97.20%	98.10%	97.60%
No	2	1	3
	2.80%	1.90%	2.40%
Total	72	53	125
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 8*

When I'm hanging out with a group of women and men with whom I'm a friend, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .56,  $p < .01$ \*

Code	Female	Male	Total
Yes	62	45	107
	86.10%	83.30%	84.90%
No	3	4	7
	4.20%	7.40%	5.60%
Not Interpretable	7	5	12
	9.70%	9.30%	9.50%
Total	72	54	126
	100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Is this an example of fat talk?

CC = .65,  $p < .01$

Code	Female	Male	Total
Yes	38	18	56
	61.30%	40.00%	52.30%

No	24	27	51
	38.70%	60.00%	47.70%
Total	62	45	107
	100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .88,  $p < .01$

Code		Female	Male	Total
No response	7	13		20
		9.70%	24.10%	15.90%
Negative about self	6	1		7
		8.30%	1.90%	5.60%
Negative about other	6	5		11
		8.30%	9.30%	8.70%
Positive about other	28	19		47
		38.90%	35.20%	37.30%
Deny negative	11	9		20
		15.30%	16.70%	15.90%
Solution-focused/positive	8	3		11
		11.10%	5.60%	8.70%
Solution-focused/negative	4	3		7
		5.60%	5.60%	5.60%
Not interpretable	2	1		3
		2.80%	1.90%	2.40%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .09, p = .76$

Code		Female	Male	Total
Yes	70	51		121
		97.20%	98.10%	97.60%
No	2	1		3
		2.80%	1.90%	2.40%
Total		72	52	124
		100.00%	100.00%	100.00%

-Percentages represent those within gender

### Scenario 9

When I'm hanging out with a group of women with whom I'm a friend, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .62,  $p < .01$

Code		Female	Male	Total
Yes	63	44		107
		87.50%	81.50%	84.90%
No	3	2		5
		4.20%	3.70%	4.00%
Not Interpretable	6	8		14
		8.30%	14.80%	11.10%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

CC = .65,  $p < .01$

Code		Female	Male	Total
Yes	31	17		48
		49.20%	38.60%	44.90%
No	32	27		59
		50.80%	61.40%	55.10%
Total		63	44	107
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .90,  $p < .01$

Code		Female	Male	Total
No response	5	14		19
		6.90%	25.90%	15.10%
Negative about self	10	0		10
		13.90%	0.00%	7.90%
Negative about other	2	1		3
		2.80%	1.90%	2.40%
Positive about other	29	23		52
		40.30%	42.60%	41.30%
Deny negative	12	8		20
		16.70%	14.80%	15.90%
Solution-focused/positive	5	4		9
		6.90%	7.40%	7.10%
Solution-focused/negative	4	3		7
		5.60%	5.60%	5.60%
Not interpretable	5	1		6
		6.90%	1.90%	4.80%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$$\chi^2(1) = .49, p = .49$$

Code		Female	Male	Total
Yes	69	51		120
		95.80%	98.10%	96.80%
No	3	1		4
		4.20%	1.90%	3.20%
Total		72	52	124
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 10*

When I'm hanging out with a group of men with whom I'm a friend, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

$$CC = .68, p < .01$$

Code		Female	Male	Total
Yes	57	39		96
		79.20%	72.20%	76.20%
No	7	6		13
		9.70%	11.10%	10.30%
Not Interpretable	8	9		17
		11.10%	16.70%	13.50%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

$$CC = .67, p < .01$$

Code		Female	Male	Total
Yes	18	12		30
		31.60%	30.80%	31.30%
No	39	27		66
		68.40%	69.20%	68.80%
Total		57	39	96
		100.00%	100.00%	100.00%

-Percentages represent those within gender



What would you do in this situation? How would you respond?

CC = .88,  $p < .01$

Code		Female	Male	Total
No response	17	16		33
		23.60%	29.60%	26.20%
Negative about self	1	2		3
		1.40%	3.70%	2.40%
Negative about other	7	8		15
		9.70%	14.80%	11.90%
Positive about other	21	7		28
		29.20%	13.00%	22.20%
Deny negative	11	5		16
		15.30%	9.30%	12.70%
Solution-focused/positive	2	3		5
		2.80%	5.60%	4.00%
Solution-focused/negative	12	10		22
		16.70%	18.50%	17.50%
Not interpretable	1	3		4
		1.40%	5.60%	3.20%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 1.07, p = .30$

Code		Female	Male	Total
Yes	68	52		120
		94.40%	98.10%	96.00%
No	4	1		5
		5.60%	1.90%	4.00%
Total		72	53	125
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 11*

When I'm hanging out with a man with whom I'm a friend, and he says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .61,  $p < .01$

Code		Female	Male	Total
Yes	61	44		105
		84.70%	81.50%	83.30%
No	5	5		10

		6.90%	9.30%	7.90%
Not Interpretable	6	5	11	
		8.30%	9.30%	8.70%
Total	72	54	126	
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

CC = .71,  $p < .01$

Code		Female	Male	Total
Yes	13	10	23	
		21.30%	22.70%	21.90%
No	48	34	82	
		78.70%	77.30%	78.10%
Total	61	44	105	
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .87,  $p < .01$

Code		Female	Male	Total
No response	4	7	11	
		5.60%	13.00%	8.70%
Negative about self	1	4	5	
		1.40%	7.40%	4.00%
Negative about other	6	3	9	
		8.30%	5.60%	7.10%
Positive about other	31	12	43	
		43.10%	22.20%	34.10%
Deny negative	13	9	22	
		18.10%	16.70%	17.50%
Solution-focused/positive	8	10	18	
		11.10%	18.50%	14.30%
Solution-focused/negative	7	8	15	
		9.70%	14.80%	11.90%
Not interpretable	2	1	3	
		2.80%	1.90%	2.40%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 1.38, p = .50$

Code		Female	Male	Total
Yes	69	50	119	

		95.80%	94.30%	95.20%
No	3	2	5	
		4.20%	3.80%	4.00%
Not Interpretable	0	1	1	
		0.00%	1.90%	0.80%
Total		72	53	125
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 12*

When I'm hanging out with a woman with whom I'm a friend, and she says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .66,  $p < .01$

Code		Female	Male	Total
Yes	63	45	108	
		87.50%	83.30%	85.70%
No	4	4	8	
		5.60%	7.40%	6.30%
Not Interpretable	5	5	10	
		6.90%	9.30%	7.90%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

CC = .65,  $p < .01$

Code		Female	Male	Total
Yes	38	21	59	
		60.30%	47.70%	55.10%
No	25	23	48	
		39.70%	52.30%	44.90%
Total		63	44	107
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .86,  $p < .01$

Code		Female	Male	Total
No response	3	2	5	
		4.20%	3.70%	4.00%
Negative about self	7	1	8	

		9.70%	1.90%	6.30%
Negative about other	3	3	6	
		4.20%	5.60%	4.80%
Positive about other	27	23	50	
		37.50%	42.60%	39.70%
Deny negative	12	15	27	
		16.70%	27.80%	21.40%
Solution-focused/positive	11	6	17	
		15.30%	11.10%	13.50%
Solution-focused/negative	9	4	13	
		12.50%	7.40%	10.30%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$$\chi^2(1) = .49, p = .49$$

Code		Female	Male	Total
Yes	69	51		120
		95.80%	98.10%	96.80%
No	3	1		4
		4.20%	1.90%	3.20%
Total		72	52	124
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 13*

When I'm eating in public with a group of women and men that I don't know well, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

$$CC = .60, p < .01*$$

Code		Female	Male	Total
Yes	61	43		104
		84.70%	79.60%	82.50%
No	4	9		13
		5.60%	16.70%	10.30%
Not Interpretable	7	2		9
		9.70%	3.70%	7.10%
Total		72	54	126
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Is this an example of fat talk?

CC = .59,  $p < .01$ \*

Code		Female	Male	Total
Yes	51	28		79
		83.60%	65.10%	76.00%
No	10	15		25
		16.40%	34.90%	24.00%
Total		61	43	104
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .85,  $p < .01$

Code		Female	Male	Total
No response	34	26		60
		47.20%	48.10%	47.60%
Negative about self	3	1		4
		4.20%	1.90%	3.20%
Negative about other	2	5		7
		2.80%	9.30%	5.60%
Positive about other	13	8		21
		18.10%	14.80%	16.70%
Deny negative	10	9		19
		13.90%	16.70%	15.10%
Solution-focused/positive	3	1		4
		4.20%	1.90%	3.20%
Solution-focused/negative	3	2		5
		4.20%	3.70%	4.00%
Not interpretable	4	2		6
		5.60%	3.70%	4.80%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 2.99, p = .08$

Code		Female	Male	Total
Yes	68	52		120
		94.40%	100.00%	96.80%
No	4	0		4
		5.60%	0.00%	3.20%
Total		72	52	124
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 14*

When I'm eating in public with a group of women and men that I don't know well, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .65,  $p < .01$

Code		Female	Male	Total
Yes	61	43		104
		84.70%	79.60%	82.50%
No	3	5		8
		4.20%	9.30%	6.30%
Not Interpretable	8	6		14
		11.10%	11.10%	11.10%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

CC = .66,  $p < .01$

Code		Female	Male	Total
Yes	37	21		58
		59.70%	48.80%	55.20%
No	25	22		47
		40.30%	51.20%	44.80%
Total		62	43	105
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .86,  $p < .01$

Code		Female	Male	Total
No response	40	32		72
		55.60%	59.30%	57.10%
Negative about self	3	1		4
		4.20%	1.90%	3.20%
Negative about other	0	3		3
		0.00%	5.60%	2.40%
Positive about other	6	4		10
		8.30%	7.40%	7.90%
Deny negative	6	2		8
		8.30%	3.70%	6.30%
Solution-focused/positive	3	3		6
		4.20%	5.60%	4.80%

Solution-focused/negative	6	8	14
		8.30%	14.80%
Not interpretable	8	1	9
		11.10%	1.90%
Total		72	54
		100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 1.52, p = .22$

Code	Female	Male	Total
Yes	69	53	122
	97.20%	100.00%	98.40%
No	2	0	2
	2.80%	0.00%	1.60%
Total	71	53	124
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 15*

When I'm eating in public with a group of women that I don't know well, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation:

Is this an example of body talk?

$CC = .62, p < .01$

Code	Female	Male	Total
Yes	62	42	104
	86.10%	77.80%	82.50%
No	5	10	15
	6.90%	18.50%	11.90%
Not Interpretable	5	2	7
	6.90%	3.70%	5.60%
	72	54	126
Total	100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

$CC = .65, p < .01$

Code	Female	Male	Total
Yes	52	29	81
	83.90%	69.00%	77.90%
No	10	13	23
	16.10%	31.00%	22.10%

Total	62	42	104
	100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .88,  $p < .01$

Code		Female	Male	Total
No response	32	27		59
		44.40%	50.00%	46.80%
Negative about self	4	2		6
		5.60%	3.70%	4.80%
Negative about other	4	4		8
		5.60%	7.40%	6.30%
Positive about other	12	11		23
		16.70%	20.40%	18.30%
Deny negative	7	6		13
		9.70%	11.10%	10.30%
Solution-focused/positive	3	3		6
		4.20%	5.60%	4.80%
Solution-focused/negative	6	1		7
		8.30%	1.90%	5.60%
Not interpretable	4	0		4
		5.60%	0.00%	3.20%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 1.50, p = .22$

Code		Female	Male	Total
Yes	70	53		123
		97.20%	100.00%	98.40%
No	2	0		2
		2.80%	0.00%	1.60%
Total		72	53	125
		100.00%	100.00%	100.00%

-Percentages represent those within gender

### Scenario 16

When I'm eating in public with a group of men that I don't know well, and a man says something negative about his body:



Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .61,  $p < .01$

Code		Female	Male	Total
Yes	60	42		102
		83.30%	77.80%	81.00%
No	6	5		11
		8.30%	9.30%	8.70%
Not Interpretable	6	7		13
		8.30%	13.00%	10.30%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

CC = .61,  $p < .01$

Code		Female	Male	Total
Yes	27	19		46
		45.80%	45.20%	45.50%
No	32	23		55
		54.20%	54.80%	54.50%
Total		59	42	101
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .86,  $p < .01$

Code		Female	Male	Total
No response	40	34		74
		55.60%	63.00%	58.70%
Negative about self	2	1		3
		2.80%	1.90%	2.40%
Negative about other	4	4		8
		5.60%	7.40%	6.30%
Positive about other	6	2		8
		8.30%	3.70%	6.30%
Deny negative	8	4		12
		11.10%	7.40%	9.50%
Solution-focused/positive	0	2		2
		0.00%	3.70%	1.60%
Solution-focused/negative	5	6		11
		6.90%	11.10%	8.70%
Not interpretable	7	1		8
		9.70%	1.90%	6.30%
Total		72	54	126

100.00%                      100.00%                      100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .10, p = .75$

Code		Female	Male	Total
Yes	70	52		122
		97.20%	98.10%	97.60%
No	2	1		3
		2.80%	1.90%	2.40%
Total		72	53	125
		100.00%	100.00%	100.00%

-Percentages represent those within gender

### *Scenario 17*

When I'm eating in public with a man that I don't know well, and he says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

$CC = .64, p < .01$

Code		Female	Male	Total
Yes	59	43		102
		81.90%	79.60%	81.00%
No	4	7		11
		5.60%	13.00%	8.70%
Not Interpretable	9	4		13
		12.50%	7.40%	10.30%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

$CC = .63, p < .01$

Code		Female	Male	Total
Yes	36	17		53
		61.00%	39.50%	52.00%
No	23	26		49
		39.00%	60.50%	48.00%
Total		59	43	102
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .88,  $p < .01$

Code		Female	Male	Total
No response	20	14		34
		27.80%	25.90%	27.00%
Negative about self	4	1		5
		5.60%	1.90%	4.00%
Negative about other	3	2		5
		4.20%	3.70%	4.00%
Positive about self	15	15		30
		20.80%	27.80%	23.80%
Deny negative	15	6		21
		20.80%	11.10%	16.70%
Solution-focused/positive	6	9		15
		8.30%	16.70%	11.90%
Solution-focused/negative	3	6		9
		4.20%	11.10%	7.10%
Not interpretable	6	1		7
		8.30%	1.90%	5.60%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 1.49, p = .22$

Code		Female	Male	Total
Yes	69	52		121
		97.20%	100.00%	98.40%
No	2	0		2
		2.80%	0.00%	1.60%
Total		71	52	123
		100.00%	100.00%	100.00%

-Percentages represent those within gender

### Scenario 18

When I'm eating in public with a woman that I don't know well, and she says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .64,  $p < .01$

Code		Female	Male	Total
Yes	63	45		108

		87.50%	4	83.30%	85.70%
No	2				6
		2.80%		7.40%	4.80%
Not Interpretable	7		5		12
		9.70%		9.30%	9.50%
Total		72		54	126
		100.00%		100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

CC = .64,  $p < .01$

Code		Female	Male	Total
Yes	50	20		70
		79.40%	44.40%	64.80%
No	13	25		38
		20.60%	55.60%	35.20%
Total		63	45	108
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .85,  $p < .01$

Code		Female	Male	Total
No response	8	13		21
		11.10%	24.10%	16.70%
Negative about self	8	1		9
		11.10%	1.90%	7.10%
Negative about other	2	1		3
		2.80%	1.90%	2.40%
Positive about other	22	24		46
		30.60%	44.40%	36.50%
Deny negative	19	9		28
		26.40%	16.70%	22.20%
Solution-focused/positive	7	2		9
		9.70%	3.70%	7.10%
Solution-focused/negative	3	4		7
		4.20%	7.40%	5.60%
Not interpretable	3	0		3
		4.20%	0.00%	2.40%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 3.83, p = .05^*$

Code		Female	Male	Total
Yes	67	53		120
		93.10%	100.00%	96.00%
No	5	0		5
		6.90%	0.00%	4.00%
Total		72	53	125
		100.00%	100.00%	100.00%

\* $\chi^2$  represents significant difference between genders

-Percentages represent those within gender

*Scenario 19*

When I'm eating in public with a group of women and men with whom I'm a friend, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .65,  $p < .01$

Code		Female	Male	Total
Yes	62	44		106
		86.10%	81.50%	84.10%
No	3	6		9
		4.20%	11.10%	7.10%
Not Interpretable	7	4		11
		9.70%	7.40%	8.70%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

CC = .65,  $p < .01$

Code		Female	Male	Total
Yes	48	24		72
		77.40%	54.50%	67.90%
No	14	20		34
		22.60%	45.50%	32.10%
Total		62	44	106
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .86,  $p < .01$

Code		Female	Male	Total
No response	16	16		32
		22.20%	29.60%	25.40%
Negative about self	3	0		3
		4.20%	0.00%	2.40%
Negative about other	4	3		7
		5.60%	5.60%	5.60%
Positive about other	20	18		38
		27.80%	33.30%	30.20%
Deny negative	19	9		28
		26.40%	16.70%	22.20%
Solution-focused/positive	3	2		5
		4.20%	3.70%	4.00%
Solution-focused/negative	5	3		8
		6.90%	5.60%	6.30%
Not interpretable	2	3		5
		2.80%	5.60%	4.00%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 1.50, p = .22$

Code		Female	Male	Total
Yes	70	53		123
		97.20%	100.00%	98.40%
No	2	0		2
		2.80%	0.00%	1.60%
Total		72	53	125
		100.00%	100.00%	100.00%

-Percentages represent those within gender

### *Scenario 20*

When I'm eating in public with a group of women and men with whom I'm a friend, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .58,  $p < .01^*$

Code		Female	Male	Total
Yes	57	42		99
		79.20%	77.80%	78.60%
No	5	6		11
		6.90%	11.10%	8.70%
Not Interpretable	10	6		16
		13.90%	11.10%	12.70%
Total		72	54	126
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Is this an example of fat talk?

CC = .68,  $p < .01$

Code		Female	Male	Total
Yes	21	11		32
		38.20%	26.20%	33.00%
No	34	31		65
		61.80%	73.80%	67.00%
Total		55	42	97
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .86,  $p < .01$

Code		Female	Male	Total
No response	20	23		43
		27.80%	42.60%	34.10%
Negative about self	3	1		4
		4.20%	1.90%	3.20%
Negative about other	7	5		12
		9.70%	9.30%	9.50%
Positive about other	15	8		23
		20.80%	14.80%	18.30%
Deny negative	9	7		16
		12.50%	13.00%	12.70%
Solution-focused/positive	4	3		7
		5.60%	5.60%	5.60%
Solution-focused/negative	8	6		14
		11.10%	11.10%	11.10%
Not interpretable	6	1		7
		8.30%	1.90%	5.60%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$$\chi^2(1) = 1.50, p = .22$$

Code		Female	Male	Total
Yes	70	53		123
		97.20%	100.00%	98.40%
No	2	0		2
		2.80%	0.00%	1.60%
Total		72	53	125
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 21*

When I'm eating in public with a group of women with whom I'm a friend, and a woman says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

$$CC = .68, p < .01$$

Code		Female	Male	Total
Yes	63	45		108
		87.50%	83.30%	85.70%
No	3	6		9
		4.20%	11.10%	7.10%
Not Interpretable	6	3		9
		8.30%	5.60%	7.10%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

$$CC = .68, p < .01$$

Code		Female	Male	Total
Yes	41	27		68
		65.10%	60.00%	63.00%
No	22	18		40
		34.90%	40.00%	37.00%
Total		63	45	108
		100.00%	100.00%	100.00%

-Percentages represent those within gender



What would you do in this situation? How would you respond?

CC = .88,  $p < .01$

Code		Female	Male	Total
No response	12	16		28
		16.70%	29.60%	22.20%
Negative about self	5	0		5
		6.90%	0.00%	4.00%
Negative about other	4	2		6
		5.60%	3.70%	4.80%
Positive about other	25	21		46
		34.70%	38.90%	36.50%
Deny negative	13	9		22
		18.10%	16.70%	17.50%
Solution-focused/positive	7	2		9
		9.70%	3.70%	7.10%
Solution-focused/negative	3	3		6
		4.20%	5.60%	4.80%
Not interpretable	3	1		4
		4.20%	1.90%	3.20%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 1.50, p = .22$

Code		Female	Male	Total
Yes	70	53		123
		97.20%	100.00%	98.40%
No	2	0		2
		2.80%	0.00%	1.60%
Total		72	53	125
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 22*

When I'm eating in public with a group of men with whom I'm a friend, and a man says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .59,  $p < .01^*$

Code		Female	Male	Total
Yes	62	42		104
		86.10%	77.80%	82.50%
No	4	4		8

		5.60%	7.40%	6.30%
Not Interpretable	6	8	14	
		8.30%	14.80%	11.10%
Total	72	54	126	
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Is this an example of fat talk?

CC = .68,  $p < .01$

Code		Female	Male	Total
Yes	33	12		45
		53.20%	28.60%	43.30%
No	29	30		59
		46.80%	71.40%	56.70%
Total		62	42	104
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .86,  $p < .01$

Code		Female	Male	Total
No response	19	17		36
		26.40%	31.50%	28.60%
Negative about self	6	1		7
		8.30%	1.90%	5.60%
Negative about other	8	4		12
		11.10%	7.40%	9.50%
Positive about other	11	10		21
		15.30%	18.50%	16.70%
Deny negative	12	6		18
		16.70%	11.10%	14.30%
Solution-focused/positive	2	4		6
		2.80%	7.40%	4.80%
Solution-focused/negative	9	9		18
		12.50%	16.70%	14.30%
Not interpretable	5	3		8
		6.90%	5.60%	6.30%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$$\chi^2(1) = 1.47, p = .23$$

Code		Female	Male	Total
Yes	70	52		122
		97.20%	100.00%	98.40%
No	2	0		2
		2.80%	0.00%	1.60%
Total		72	52	124
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 23*

When I'm eating in public with a man with whom I'm a friend, and he says something negative about his body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

$$CC = .60, p < .01^*$$

Code		Female	Male	Total
Yes	59	44		103
		81.90%	81.50%	81.70%
No	6	3		9
		8.30%	5.60%	7.10%
Not Interpretable	7	7		14
		9.70%	13.00%	11.10%
Total		72	54	126
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Is this an example of fat talk?

$$CC = .66, p < .01$$

Code		Female	Male	Total
Yes	31	9		40
		52.50%	20.50%	38.80%
No	28	35		63
		47.50%	79.50%	61.20%
Total		59	44	103
		100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .86,  $p < .01$

Code		Female	Male	Total
No response	4	13		17
		5.60%	24.10%	13.50%
Negative about self	2	3		5
		2.80%	5.60%	4.00%
Negative about other	6	2		8
		8.30%	3.70%	6.30%
Positive about other	24	10		34
		33.30%	18.50%	27.00%
Deny negative	14	9		23
		19.40%	16.70%	18.30%
Solution-focused/positive	12	8		20
		16.70%	14.80%	15.90%
Solution-focused/negative	8	6		14
		11.10%	11.10%	11.10%
Not interpretable	2	3		5
		2.80%	5.60%	4.00%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .53, p = .47$

Code		Female	Male	Total
Yes	68	52		120
		95.80%	98.10%	96.80%
No	3	1		4
		4.20%	1.90%	3.20%
Total		71	53	124
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 24*

When I'm eating in public with a woman with whom I'm a friend, and she says something negative about her body:

Please provide a brief example of body talk you are imagining in this situation: Is this an example of body talk?

CC = .63,  $p < .01$

Code		Female	Male	Total
Yes	61	46		107
		84.70%	85.20%	84.90%
No	6	6		12

		8.30%	11.10%	9.50%
Not Interpretable	5	2	7	
		6.90%	3.70%	5.60%
Total	72	54	126	
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Is this an example of fat talk?

CC = .67,  $p < .01$

Code	Female	Male	Total
Yes	48	22	70
	78.70%	47.80%	65.40%
No	13	24	37
	21.30%	52.20%	34.60%
Total	61	46	107
	100.00%	100.00%	100.00%

-Percentages represent those within gender

What would you do in this situation? How would you respond?

CC = .87,  $p < .01$

Code	Female	Male	Total
No response	7	7	14
	9.70%	13.00%	11.10%
Negative about self	4	1	5
	5.60%	1.90%	4.00%
Negative about other	3	3	6
	4.20%	5.60%	4.80%
Positive about other	24	23	47
	33.30%	42.60%	37.30%
Deny negative	15	8	23
	20.80%	14.80%	18.30%
Solution-focused/positive	12	4	16
	16.70%	7.40%	12.70%
Solution-focused/negative	5	4	9
	6.90%	7.40%	7.10%
Not interpretable	2	4	6
	2.80%	7.40%	4.80%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .10, p = .75$

Code	Female	Male	Total
Yes	70	52	122

		97.20%	98.10%	97.60%
No	2	1	3	
		2.80%	1.90%	2.40%
Total	72	53	125	
		100.00%	100.00%	100.00%

-Percentages represent those within gender

**INITIATE**

*Scenario 1*

When I'm hanging out with a group of women and men I don't know well:

What would you do in this situation? Would you initiate body talk?

CC = .81,  $p < .01$

Code		Female	Male	Total
Removed from data	14	10		24
		19.40%	18.50%	19.00%
Do not initiate	55	40		95
		76.40%	74.10%	75.40%
Initiate	0	1		1
		0.00%	1.90%	0.80%
Might initiate	1	2		3
		1.40%	3.70%	2.40%
Not relevant/Not interpretable	2	1		3
		2.80%	1.90%	2.40%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC not computed because at least one variable is a constant

Code		Female	Male	Total
No	1	3		4
		100.00%	100.00%	100.00%
Total		1	3	4
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

1c: Not applicable because no participants provided examples of fat talk

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .16, p = .69$

Code		Female	Male	Total
Yes	51	38		89
		87.90%	90.50%	89.00%
No	7	4		11
		12.10%	9.50%	11.00%
		58	42	100
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 2*

When I'm hanging out with a group of women I don't know well:

What would you do in this situation? Would you initiate body talk?

$CC = .83, p < .01$

Code		Female	Male	Total
Removed from data	14	10		24
		19.40%	18.50%	19.00%
Do not initiate	48	40		88
		66.70%	74.10%	69.80%
Initiate	2	1		3
		2.80%	1.90%	2.40%
Might initiate	6	1		7
		8.30%	1.90%	5.60%
Not relevant/not interpretable	2	2		4
		2.80%	3.70%	3.20%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

$CC = .52, p > .01^*$

Code		Female	Male	Total
Yes	3	0		3
		37.50%	0.00%	30.00%
No	5	2		7
		62.50%	100.00%	70.00%
Total		8	2	10
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Fat talk is in reference to?

CC not computed because at least one variable is a constant

Code	Female	Total
Self	3	3
	100.00%	100.00%
Total	3	3
	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .65, p = .42$

Code		Female	Male	Total
Yes	56	40		96
		96.60%	93.00%	95.00%
No	2	3		5
		3.40%	7.00%	5.00%
Total		58	43	101
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 3*

When I'm hanging out with a group of men I don't know well:

What would you do in this situation? Would you initiate body talk?

CC = .82,  $p < .01$

Code		Female	Male	Total
Removed from data	14	10		24
		19.40%	18.50%	19.00%
Do not initiate	54	40		94
		75.00%	74.10%	74.60%
Initiate	2	1		3
		2.80%	1.90%	2.40%
Might initiate	1	2		3
		1.40%	3.70%	2.40%
Not relevant/not interpretable	1	1		2
		1.40%	1.90%	1.60%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender



Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC not computed because at least one variable is a constant

Code	Female	Male	Total
No	3	3	6
	100.00%	100.00%	100.00%
Total	3	3	6
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk in reference to?

3c: Not applicable because no participants provided examples of fat talk

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .11, p = .74$

Code	Female	Male	Total
Yes	56	42	98
	96.60%	97.70%	97.00%
No	2	1	3
	3.40%	2.30%	3.00%
Total	58	43	101
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 4*

When I'm hanging out with a woman I don't know well:

What would you do in this situation? Would you initiate body talk?

CC = .86,  $p < .01$

Code	Female	Male	Total
Removed from data	14	10	24
	19.40%	18.50%	19.00%
Do not initiate	46	33	79
	63.90%	61.10%	62.70%
Initiate	5	6	11
	6.90%	11.10%	8.70%
Do not initiate	6	5	11
	8.30%	9.30%	8.70%
Not relevant/not interpretable	1	0	1
	1.40%	0.00%	0.80%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC = .64,  $p < .01$

Code		Female	Male	Total
Yes	3	0		3
		27.30%	0.00%	13.60%
No	8	11		19
		72.70%	100.00%	86.40%
Total		11	11	22
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

CC = .71,  $p > .01$

Code		Female	Total
Self		2	2
		66.70%	66.70%
Both self & other		1	1
		33.30%	33.30%
Total		3	3
		100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .05, p = .83$

Code		Female	Male	Total
Yes	57	42		99
		98.30%	97.70%	98.00%
No	1	1		2
		1.70%	2.30%	2.00%
Total		58	43	101
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 5*

When I'm hanging out with a man I don't know well:

What would you do in this situation? Would you initiate body talk?

CC = .85,  $p < .01$

Code		Female	Male	Total
Removed from data		14	10	24
		19.40%	18.50%	19.00%

Do not initiate	56	40	96
		77.80%	76.20%
Might initiate	1	3	4
		1.40%	3.20%
Not relevant/not interpretable	1	1	2
		1.40%	1.60%
Total		72	126
		100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC not computed because at least one variable is a constant

Code	Female	Male	Total
No	1	3	4
	100.00%	100.00%	100.00%
Total	1	3	4
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

5c: Not applicable because no participants provided an example of fat talk

Can you understand what this survey item is asking of you? If not, what was confusing?

$$\chi^2(1) = .05, p = .82$$

Code	Female	Male	Total
Yes	57	41	98
	98.30%	97.60%	98.00%
No	1	1	2
	1.70%	2.40%	2.00%
Total	58	42	100
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 6*

When I'm hanging out with a group of women and men with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

$$CC = .85, p < .01$$

Code	Female	Male	Total
Removed from data	14	10	24
	19.40%	18.50%	19.00%
Do not initiate	37	31	68

		51.40%	57.40%	54.00%
Initiate	6	5	11	
		8.30%	9.30%	8.70%
Might initiate	15	8	23	
		20.80%	14.80%	18.30%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC = .51,  $p < .01$ \*

Code		Female	Male	Total
Yes	6	4	10	
		28.60%	30.80%	29.40%
No	15	9	24	
		71.40%	69.20%	70.60%
Total		21	13	34
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Fat talk in reference to?

CC = .82,  $p < .01$

Code		Female	Male	Total
Self	4	1	5	
		66.70%	25.00%	50.00%
Other	1	1	2	
		16.70%	25.00%	20.00%
Not interpretable	1	2	3	
		16.70%	50.00%	30.00%
Total		6	4	10
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 4.27, p = .04$ \*

Code		Female	Male	Total
Yes	58	39	97	
		100.00%	92.90%	97.00%
No	0	3	3	
		0.00%	7.10%	3.00%
Total		58	42	100
		100.00%	100.00%	100.00%

\* $\chi^2$  represents significant difference between genders

-Percentages represent those within gender

*Scenario 7*

When I'm hanging out with a group of women with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

CC = .86,  $p < .01$

Code		Female	Male	Total
Removed from data	14	10		24
		19.40%	18.50%	19.00%
Do not initiate	17	30		47
		23.60%	55.60%	37.30%
Initiate	19	8		27
		26.40%	14.80%	21.40%
Might initiate	21	5		26
		29.20%	9.30%	20.60%
Not relevant	1	1		2
		1.40%	1.90%	1.60%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC = .55,  $p < .01$ \*

Code		Female	Male	Total
Yes	20	1		21
		51.30%	7.70%	40.40%
No	19	12		31
		48.70%	92.30%	59.60%
Total		39	13	52
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Fat talk is in reference to?

CC=.09,  $p = .75$ \*

Code		Female	Male	Total
Self	15	1		16
		75.00%	100.00%	76.20%
Self and Other	1	0		1
		5.00%	0.00%	4.80%
Not interpretable	4	0		4
		20.00%	0.00%	19.00%
Total		20	1	21

100.00% 100.00% 100.00%

\*Contingency coefficient indicates low inter-rater reliability  
 -Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 4.20, p = .04^*$

Code	Female	Male	Total
Yes	57 100.00%	39 92.90%	96 97.00%
No	0 0.00%	3 7.10%	3 3.00%
Total	57 100.00%	42 100.00%	99 100.00%

\* $\chi^2$  represents significant difference between genders  
 -Percentages represent those within gender

*Scenario 8*

When I'm hanging out with a group of men with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

CC=.84,  $p < .01$

Code	Female	Male	Total
Removed from data	14 19.40%	10 18.50%	24 19.00%
Do not initiate	49 68.10%	32 59.30%	81 64.30%
Initiate	3 4.20%	7 13.00%	10 7.90%
Might initiate	6 8.30%	5 9.30%	11 8.70%
Total	72 100.00%	54 100.00%	126 100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC = .60,  $p < .01^*$

Code	Female	Male	Total
No	5 55.60%	10 83.30%	15 71.40%
Total	9 100.00%	12 100.00%	21 100.00%

\*Contingency coefficient indicates low inter-rater reliability  
 -Percentages represent those within gender

Fat talk is in reference to?

CC=.82,  $p = .09^*$

Code		Female	Male	Total
Self	1	0		1
		25.00%	0.00%	16.70%
Other	2	1		3
		50.00%	50.00%	50.00%
Not interpretable	1	1		2
		25.00%	50.00%	33.30%
Total		4	2	6
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 1.40, p = .24$

Code		Female	Male	Total
Yes	58	41		99
		100.00%	97.60%	99.00%
No	0	1		1
		0.00%	2.40%	1.00%
Total		58	42	100
		100.00%	100.00%	100.00%

-Percentages represent those within gender

### Scenario 9

When I'm hanging out with a woman with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

CC=.85,  $p < .01$

Code		Female	Male	Total
Removed from data	14	10		24
		19.40%	18.50%	19.00%
Do not initiate	12	29		41
		16.70%	53.70%	32.50%
Initiate	25	10		35
		34.70%	18.50%	27.80%
Might initiate	21	4		25
		29.20%	7.40%	19.80%
Not relevant/not interpretable	0	1		1
		0.00%	1.90%	0.80%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC=.61,  $p < .01$

Code		Female	Male	Total
Yes	17	1		18
		37.00%	7.10%	30.00%
No	29	13		42
		63.00%	92.90%	70.00%
Total		46	14	60
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

CC=.71,  $p < .01$

Code		Female	Male	Total
Self	13	1		14
		76.50%	100.00%	77.80%
Other	1	0		1
		5.90%	0.00%	5.60%
Self and Other	1	0		1
		5.90%	0.00%	5.60%
Not interpretable	2	0		2
		11.80%	0.00%	11.10%
Total		17	1	18
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2$  not computed because item represents constant

Code		Female	Male	Total
Yes	58	42		100
		100.00%	100.00%	100.00%
Total		58	42	100
		100.00%	100.00%	100.00%

-Percentages represent those within gender

### *Scenario 10*

When I'm hanging out with a man with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

CC=.84,  $p < .01$

Code		Female	Male	Total
Removed from data	14	10		24
		19.40%	18.50%	19.00%



Do not initiate	45	30	75
	62.50%	55.60%	59.50%
Initiate	5	9	14
	6.90%	16.70%	11.10%
Might initiate	8	5	13
	11.10%	9.30%	10.30%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC=.67,  $p < .01$

Code	Female	Male	Total
Yes	4	2	6
	30.80%	14.30%	22.20%
No	9	12	21
	69.20%	85.70%	77.80%
Total	13	14	27
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

CC=.71,  $p = .08^*$

Code	Female	Male	Total
Self	3	0	3
	75.00%	0.00%	50.00%
Not interpretable	1	2	3
	25.00%	100.00%	50.00%
Total	4	2	6
	100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2$  not computed because item represents constant

Code	Female	Male	Total
Yes	58	43	101
	100.00%	100.00%	100.00%
Total	58	43	101
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 11*

When I'm eating in public with a group of women and men I don't know well:

What would you do in this situation? Would you initiate body talk?

CC=.83,  $p < .01$

Code		Female	Male	Total
Removed from data	14	10		24
		19.40%	18.50%	19.00%
Do not initiate	55	41		96
		76.40%	75.90%	76.20%
Initiate	0	1		1
		0.00%	1.90%	0.80%
Might initiate	3	1		4
		4.20%	1.90%	3.20%
Not relevant/not interpretable	0	1		1
		0.00%	1.90%	0.80%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC=.71,  $p = .05^*$

Code		Female	Male	Total
Yes	2	1		3
		66.70%	50.00%	60.00%
No	1	1		2
		33.30%	50.00%	40.00%
Total		3	2	5
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Fat talk is in reference to?

CC not computed because at least one variable is constant

Code		Female	Male	Total
Self	2	1		3
		100.00%	100.00%	100.00%
Total		2	1	3
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2$  not computed because item represents constant

Code	Female	Male	Total
Yes	58	43	101
	100.00%	100.00%	100.00%
Total	58	43	101
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 12*

When I'm eating in public with a group of women I don't know well:

What would you do in this situation? Would you initiate body talk?

CC=.87,  $p < .01$

Code	Female	Male	Total
Removed from data	14	10	24
	19.40%	18.50%	19.00%
Do not initiate	48	40	88
	66.70%	74.10%	69.80%
Initiate	2	2	4
	2.80%	3.70%	3.20%
Might initiate	7	1	8
	9.70%	1.90%	6.30%
Not relevant/not interpretable	1	1	2
	1.40%	1.90%	1.60%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC=.63,  $p = .01$

Code	Female	Male	Total
Yes	3	0	3
	33.30%	0.00%	25.00%
No	6	3	9
	66.70%	100.00%	75.00%
Total	9	3	12
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

CC not computed because at least one variable is constant

Code	Female	Total
Self	3	3
	100.00%	100.00%
Total	3	3
	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2$  not computed because item represents constant

Code	Female	Male	Total
Yes	58	43	101
	100.00%	100.00%	100.00%
Total	58	43	101
	100.00%	100.00%	100.00%

-Percentages represent those within gender

### Scenario 13

When I'm eating in public with a group of men I don't know well:

What would you do in this situation? Would you initiate body talk?

CC=.89,  $p < .01$

Code	Female	Male	Total
Removed from data	14	10	24
	19.40%	18.50%	19.00%
Do not initiate	55	39	94
	76.40%	72.20%	74.60%
Initiate	2	1	3
	2.80%	1.90%	2.40%
Might initiate	0	4	4
	0.00%	7.40%	3.20%
Not relevant/not interpretable	1	0	1
	1.40%	0.00%	0.80%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC not computed because at least one variable is constant

Code	Female	Male	Total
No	2	5	7
	100.00%	100.00%	100.00%

Total	2	5	7
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

13c: Not applicable because no participants provided an example of fat talk

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .75, p = .39$

Code		Female	Male	Total
Yes	57	43		100
		98.30%	100.00%	99.00%
No	1	0		1
		1.70%	0.00%	1.00%
Total		58	43	101
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 14*

When I'm eating in public with a woman I don't know well:

What would you do in this situation? Would you initiate body talk?

$CC=.83, p < .01$

Code		Female	Male	Total
Removed from data	14	10		24
		19.40%	18.50%	19.00%
Do not initiate	48	37		85
		66.70%	68.50%	67.50%
Initiate	2	2		4
		2.80%	3.70%	3.20%
Might initiate)	8	4		12
		11.10%	7.40%	9.50%
Not relevant/not interpretable	0	1		1
		0.00%	1.90%	0.80%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

$CC=.71, p < .01$

Code		Female	Male	Total
Yes	2	0		2

		20.00%	0.00%	12.50%
No	8	6		14
		80.00%	100.00%	87.50%
Total	10	6		16
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

CC not computed because at least one variable is constant

Code	Female	Total
Self	2	2
	100.00%	100.00%
Total	2	2
	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2$  not computed because item represents constant

Code	Female	Male	Total
Yes	58	42	100
	100.00%	100.00%	100.00%
Total	58	42	100
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 15*

When I'm eating in public with a man I don't know well:

What would you do in this situation? Would you initiate body talk?

CC=.87,  $p < .01$

Code	Female	Male	Total
Removed from data	14	10	24
	19.40%	18.50%	19.00%
Do not initiate	54	39	93
	75.00%	72.20%	73.80%
Initiate	1	0	1
	1.40%	0.00%	0.80%
Might initiate	2	5	7
	2.80%	9.30%	5.60%
Not relevant/not interpretable	1	0	1
	1.40%	0.00%	0.80%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC not computed because at least one variable is a constant

Code		Female	Male	Total
Yes	1	0		1
		33.30%	0.00%	12.50%
No	2	5		7
		66.70%	100.00%	87.50%
Total		3	5	8
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

CC not computed because at least one variable is a constant

Code		Female	Total
Self and Other		1	1
		100.00%	100.00%
Total		1	1
		100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2$  not computed because item represents constant

Code		Female	Male	Total
Yes	58	43		101
		100.00%	100.00%	100.00%
Total		58	43	101
		100.00%	100.00%	100.00%

-Percentages represent those within gender

### Scenario 16

When I'm eating in public with a group of men with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

CC=.85,  $p < .01$

Code		Female	Male	Total
Removed from data		14	10	24
		19.40%	18.50%	19.00%
Do not initiate		48	33	81
		66.70%	61.10%	64.30%
Initiate		2	5	7
		2.80%	9.30%	5.60%
Might initiate		8	6	14

	11.10%	11.10%	11.10%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC=.45,  $p = .02^*$

Code		Female	Male	Total
Yes	4	1		5
		40.00%	9.10%	23.80%
No	6	10		16
		60.00%	90.90%	76.20%
Total		10	11	21
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Fat talk is in reference to?

CC not computed because at least one variable is a constant

Code		Female	Male	Total
Self	4	0		4
		100.00%	0.00%	80.00%
Other	0	1		1
		0.00%	100.00%	20.00%
Total		4	1	5
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = 1.36, p = .24$

Code		Female	Male	Total
Yes	58	42		100
		100.00%	97.70%	99.00%
No	0	1		1
		0.00%	2.30%	1.00%
Total		58	43	101
		100.00%	100.00%	100.00%

-Percentages represent those within gender



*Scenario 17*

When I'm eating in public with a group of women with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

CC=.85,  $p < .01$

Code		Female	Male	Total
Removed from data	14	10		24
		19.40%	18.50%	19.00%
Do not initiate	28	35		63
		38.90%	64.80%	50.00%
Initiate	13	5		18
		18.10%	9.30%	14.30%
Might initiate	17	2		19
		23.60%	3.70%	15.10%
Not relevant/not interpretable	0	2		2
		0.00%	3.70%	1.60%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC=.63,  $p < .01$

Code		Female	Male	Total
Yes	16	1		17
		53.30%	14.30%	45.90%
No	14	6		20
		46.70%	85.70%	54.10%
Total		30	7	37
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

CC=.76,  $p = .01$

Code		Female	Male	Total
Self	11	1		12
		68.80%	100.00%	70.60%
Self and Other	4	0		4
		25.00%	0.00%	23.50%
Not interpretable	1	0		1
		6.30%	0.00%	5.90%
Total		16	1	17
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2$  not computed because item represents constant

Code	Female	Male	Total
Yes	58	42	100
	100.00%	100.00%	100.00%
Total	58	42	100
	100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 18*

When I'm eating in public with a group of women and men with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

CC=.86,  $p < .01$

Code	Female	Male	Total
Removed from data	14	10	24
	19.40%	18.50%	19.00%
Do not initiate	46	32	78
	63.90%	59.30%	61.90%
Initiate	3	3	6
	4.20%	5.60%	4.80%
Might initiate	8	8	16
	11.10%	14.80%	12.70%
Not relevant	1	1	2
	1.40%	1.90%	1.60%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC=.66,  $p < .01$

Code	Female	Male	Total
Yes	5	0	5
	45.50%	0.00%	22.70%
No	6	11	17
	54.50%	100.00%	77.30%
Total	11	11	22
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

CC=.71,  $p = .05^*$

Code	Female	Total
Self	3	3
	60.00%	60.00%
Other	1	1
	20.00%	20.00%
Not interpretable	1	1
	20.00%	20.00%
Total	5	5
	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .75, p = .39$

Code	Female	Male	Total
Yes	57	43	100
	98.30%	100.00%	99.00%
No	1	0	1
	1.70%	0.00%	1.00%
Total	58	43	101
	100.00%	100.00%	100.00%

-Percentages represent those within gender

### Scenario 19

When I'm eating in public with a woman with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

CC=.82,  $p < .01$

Code	Female	Male	Total
Removed from data	14	10	24
	19.40%	18.50%	19.00%
Do not initiate	22	32	54
	30.60%	59.30%	42.90%
Initiate	14	6	20
	19.40%	11.10%	15.90%
Might initiate	19	4	23
	26.40%	7.40%	18.30%
Not relevant/not interpretable	3	2	5
	4.20%	3.70%	4.00%
Total	72	54	126
	100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC=.54,  $p < .01$ \*

Code		Female	Male	Total
Yes	18	0		18
		54.50%	0.00%	41.90%
No	15	10		25
		45.50%	100.00%	58.10%
Total		33	10	43
		100.00%	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Fat talk is in reference to?

CC=.73,  $p = .03$ \*

Code		Female	Total
Self		11	11
		64.70%	64.70%
Other		1	1
		5.90%	5.90%
Self and Other		3	3
		17.60%	17.60%
Not interpretable		2	2
		11.80%	11.80%
Total		17	17
		100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$\chi^2(1) = .75, p = .39$

Code		Female	Male	Total
Yes	57	43		100
		98.30%	100.00%	99.00%
No	1	0		1
		1.70%	0.00%	1.00%
Total		58	43	101
		100.00%	100.00%	100.00%

-Percentages represent those within gender

*Scenario 20*

When I'm eating in public with a man with whom I'm a friend:

What would you do in this situation? Would you initiate body talk?

CC=.85,  $p < .01$

Code		Female	Male	Total
Removed from data	14	10		24
		19.40%	18.50%	19.00%
Do not initiate	45	32		77
		62.50%	59.30%	61.10%
Initiate	5	8		13
		6.90%	14.80%	10.30%
Might initiate	8	4		12
		11.10%	7.40%	9.50%
Total		72	54	126
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Please provide a brief example of body talk you are imagining in this situation: Is this fat talk?

CC=.65,  $p < .01$

Code		Female	Male	Total
Yes	4	0		4
		30.80%	0.00%	16.00%
No	9	12		21
		69.20%	100.00%	84.00%
Total		13	12	25
		100.00%	100.00%	100.00%

-Percentages represent those within gender

Fat talk is in reference to?

CC=.45,  $p = .39^*$

Code	Female	Total
Self	2	2
	50.00%	50.00%
Other	2	2
	50.00%	50.00%
Total	4	4
	100.00%	100.00%

\*Contingency coefficient indicates low inter-rater reliability

-Percentages represent those within gender

Can you understand what this survey item is asking of you? If not, what was confusing?

$$\chi^2(1) = .75, p = .39$$

Code		Female	Male	Total
Yes	57	43		100
		98.30%	100.00%	99.00%
No	1	0		1
		1.70%	0.00%	1.00%
Total		58	43	101
		100.00%	100.00%	100.00%

-Percentages represent those within gender

### **Vita**

Allison Warren graduated from Vassar College with a Bachelor of Arts degree in English in May 2003. Prior to pursuing graduate studies in clinical health psychology at Appalachian State University, Ms. Warren worked as a health communications specialist for the CDC's STD and AIDS hotline and then as a health coach for people living with multiple sclerosis. While in the psychology department at ASU, she trained at the ASU Psychology Clinic, ASU Counseling and Psychological Services Center, and Grandfather Home for Children. She also completed an assistantship at Cardiopulmonary Rehabilitation in Boone. Ms. Warren graduated in May 2012 from ASU with a Master of Arts degree in clinical health psychology. In August 2012, Ms. Warren commenced work toward her Ph.D. in clinical psychology at the University of Missouri at St. Louis.