

INSTRUMENT UNDER DEVELOPMENT: NOT VALIDATED

Weight Stigma in Health Care Inventory

In the **PAST 12 MONTHS**, and **ONLY the University of Iowa Hospitals and Clinics (UIHC)**, how often have the following things happened?

Questions: Overall Experiences		Frequency					
		Never	Occasionally	Sometimes	Often	Always	Not Applicable
1	I felt looked down upon by health care providers because of my weight.	0	1	2	3	4	N/A
2	Health care providers treated me with respect.	0	1	2	3	4	N/A
3	Health care providers were less nice to me than other people because of my weight.	0	1	2	3	4	N/A
4	I was treated as a lesser person due to being overweight.	0	1	2	3	4	N/A
5	I observed UIHC employees treating overweight patients rudely by staring, using negative body language, or making negative comments about their weight.	0	1	2	3	4	N/A
6	I was treated extremely badly due to my weight.	0	1	2	3	4	N/A
Questions: Communication		Frequency					
		Never	Occasionally	Sometimes	Often	Always	Not Applicable
7	Health care providers talked to me about weight loss diets too much.	0	1	2	3	4	N/A
8	Health care providers avoided the topic of weight loss diets even though I wanted the topic addressed.	0	1	2	3	4	N/A
9	Health care providers blamed my health problems on my weight more than they should have.	0	1	2	3	4	N/A
10	I was able to speak freely with health care providers about my weight.	0	1	2	3	4	N/A
11	Health care providers showed compassion when I talked about how difficult it is to be overweight.	0	1	2	3	4	N/A
12	Health care providers said insensitive things to me about my weight.	0	1	2	3	4	N/A
13	My health care provider did not seem to believe me when I honestly said how much I eat or exercise.	0	1	2	3	4	N/A
14	Due to my weight, UIHC employees treated me rudely by staring, or using negative body language.	0	1	2	3	4	N/A

Questions: Physical Exam		Frequency					
		Never	Occasionally	Sometimes	Often	Always	Not Applicable
15	I felt pressured into being weighed when I did not want to be weighed.	0	1	2	3	4	N/A
16	I was weighed in a manner that respected my privacy.	0	1	2	3	4	N/A
17	Health care providers did not conduct an adequate physical exam because of my weight.	0	1	2	3	4	N/A
18	Health care providers performed respectful physical exams.	0	1	2	3	4	N/A
19	Health care providers expressed distaste with my weight (either verbally or non-verbally) during my physical exam.	0	1	2	3	4	N/A
Questions: Equipment and Environment		Frequency					
		Never	Occasionally	Sometimes	Often	Always	Not Applicable
20	UIHC provided chairs, furniture, and easily accessible buildings suitable for people of my weight.	0	1	2	3	4	N/A
21	UIHC provided gowns, examination tables, imaging equipment and other medical equipment suitable for people of my weight.	0	1	2	3	4	N/A
22	If I needed help getting on to an examination table, walking, or transferring to the toilet, someone at UIHC was available to help me in a courteous manner.	0	1	2	3	4	N/A
23	Spaces such as waiting rooms, examination rooms, bathrooms, elevators, and hallways at UIHC were an appropriate size for people of my weight.	0	1	2	3	4	N/A
24	Transportation provided by UIHC, including vans to the hospital, motorized transportation within the hospital, and wheelchairs, were suitable for people of my weight.	0	1	2	3	4	N/A
25	UIHC's public signs, website, advertising, and announcements addressed weight in a way that was offensive.	0	1	2	3	4	N/A

Questions: Consequences		Frequency					
		Never	Occasionally	Sometimes	Often	Always	Not Applicable
26	I avoided seeking medical care or cancer screening (such as colonoscopy or Pap smear) because of how my weight has been negatively addressed.	0	1	2	3	4	N/A
27	I avoided seeking medical care because I did not want to be weighed.	0	1	2	3	4	N/A
28	I considered switching hospitals/health care systems due to negative experiences related to my weight.	0	1	2	3	4	N/A
29	I felt hurt because of my negative weight-related experiences at UIHC.	0	1	2	3	4	N/A
30	I discouraged people from going to UIHC due to negative experiences related to my weight.	0	1	2	3	4	N/A
31	I felt comfortable taking care of all of my health care needs at UIHC.	0	1	2	3	4	N/A

If you have had negative experiences related to your weight at UIHC, please circle who was involved (you may choose more than one):

Doctors Nurses Dietitians Mental health provider Radiology Technician Receptionist

Other (describe job) _____

What term do you prefer when discussing weight?

Obese High Body Mass Index Overweight Weight Person with overweight Heavy

Other (please specify) _____

Any other comments regarding weight and your experiences at UIHC:

Thank you for participating in our survey.

Demographics

What is your age? _____

What is your gender? **Male** **Female** **Other (please specify)**_____

Please enter your: Height ____ ft ____ in **Weight** _____ lb

How many people live in your household? _____

Considering all family income from all sources, for you and all the family members living with you, what was your total family income in the last year (before taxes)?

<\$25,000 \$25,000- \$75,000 \$75,000- \$125,000 \$125,000-\$175,000 >\$175,000

What is the highest level of schooling you completed?

Less than high school	High School	Some College
2 year College Degree	4 year College Degree	Trade School Degree
Graduate Work	Master’s Degree	Doctorate or more

Race (Please circle all that apply):

Black/ African American Asian (or Pacific Islander) White / Caucasian
Native American Other (Please describe)_____

Ethnicity (Please circle all that apply):

Hispanic Non-Hispanic Other (Please describe)_____

Current Zip Code: _____

In general, how would you describe your health?

Poor Fair Good Very Good Excellent

Have you had weight loss (bariatric) surgery in the past? Yes No

If not, are you considering weight loss (bariatric) surgery? Yes No