

Appendix A: List of references included in the review

- Alm, M. E., Neumark-Sztainer D., Story, M., & Boutelle, K. N. (2009). Self-weighing and weight control behaviors among adolescents with a history of overweight. *Journal of Adolescent Health, 44*(5), 424-430.
doi:10.1016/j.jadohealth.2008.08.016
- Batra, P., Das, S.K., Salinardi, T., Robinson, L., Saltzman, E., Scott, T. ... & Roberts, S. B. (2013). Eating behaviors as predictors of weight loss in a 6 month weight loss intervention. *Obesity, 21*(11), 2256-2263. doi:10.1002/oby.20404
- Butryn, M. L., Phelan, S., Hill, J. O., & Wing, R. R. (2007). Consistent self-monitoring of weight: A key component of successful weight loss maintenance. *Obesity, 15*(12), 3091-3096. doi:10.1038/oby.2007.368
- Dany, L., & Urdapilleta, I. (2012). Validation of a French measure of body comparison: The Physical Appearance Comparison Scale. *Revue Internationale De Psychologie Sociale-International Review of Social Psychology, 25*(1), 97-113.
- Friend, S., Bauer, K. W., Madden, T. C., & Neumark-Sztainer, D. (2012). Self-weighing among adolescents: Associations with body mass index, body satisfaction, weight control behaviors, and binge eating. *Journal of the Academy of Nutrition and Dietetics, 112*(1), 99-103.
doi:10.1016/j.jada.2011.08.036
- Gokee-LaRose, J., Gorin, A. A., & Wing, R. R. (2009). Behavioral self-regulation for weight loss in young adults: a randomized controlled trial. *International Journal of Behavioral Nutrition and Physical Activity, 6*, 10.
doi:10.1186/1479-5868-6-10

- Gow, R. W., Trace, S. E., & Mazzeo, S. E. (2010). Preventing weight gain in first year college students: an online intervention to prevent the “freshman fifteen”. *Eating Behaviors, 11*(1), 33-39. doi:10.1016/j.eatbeh.2009.08.005
- Gunnare, N. A., Silliman, K., & Morris, M. N. (2013). Accuracy of self-reported weight and role of gender, body mass index, weight satisfaction, weighing behavior, and physical activity among rural college students. *Body Image, 10*(3), 406-410. doi:10.1016/j.bodyim.2013.01.006
- Katterman, S. N. (2010) *An evaluation of daily weight monitoring as a method of weight gain prevention* (Doctoral dissertation, Drexel University).
- Klos, L. A., Esser, V. E., & Kessler, M. M. (2012). To weigh or not to weigh: The relationship between self-weighing behavior and body image among adults. *Body Image, 9*(4), 551-554. doi:10.1016/j.bodyim.2012.07.004
- Kong, A., Beresford, S. A., Imayama, I., Duggan, C., Alfano, C. M., Foster-Schubert, K. E., ... & McTiernan, A. (2012). Adoption of diet-related self-monitoring behaviors varies by race/ethnicity, education, and baseline binge eating score among overweight-to-obese postmenopausal women in a 12-month dietary weight loss intervention. *Nutrition Research, 32*(4), 260-265. doi: 10.1016/j.nutres.2012.03.001
- LaRose, J. G., Fava, J. L., Steeves, E. A., Hecht, J., Wing, R. R., & Raynor, H. A. (2014). Daily self-weighing within a lifestyle intervention: Impact on disordered eating symptoms. *Health Psychology, 33*(3), 297-300. doi:10.1037/a0034218

- Linde, J. A., Jeffery, R. W., Finch, E. A., Simon, G. E., Ludman, E. J., Operskalski, B. H., ... & Rohde, P. (2007). Relation of body mass index to depression and weighing frequency in overweight women. *Preventive Medicine, 45*(1), 75-79. doi: 10.1016/j.ypmed.2007.03.008
- Linde, J. A. (2014). A randomised pilot and feasibility study examining body weight tracking frequency and psychosocial health indicators. *Obesity Research & Clinical Practice, 8*(4), e399-402. doi: 10.1016/j.orcp.2014.06.003
- Mercurio, A., & Rima, B. (2011). Watching my weight: Self-weighing, body surveillance, and body dissatisfaction. *Sex Roles, 65*(1-2), 47-55. doi: 10.1007/s11199-011-9980-x
- Ogden, J. E., & Whyman, C. (1997). The effects of repeated weighing on psychological state. *European Eating Disorders Review, 5*(2), 121-130. doi: 10.1002/(SICI)1099-0968(199706)5:2<121::AID-ERV167>3.0.CO;2-N
- Phelan, S., Phipps, M. G., Abrams, B., Darroch, F., Grantham, K., Schaffner, A., & Wing, R. R. (2014). Does behavioral intervention in pregnancy reduce postpartum weight retention? Twelve-month outcomes of the Fit for Delivery randomized trial. *American Journal of Clinical Nutrition, 99*(2), 302-311. doi: 10.3945/ajcn.113.070151
- Quick, V., Larson, N., Eisenberg, M. E., Hannan, P. J., Stat, M., & Neumark-Sztainer, D. (2012). Self-weighing behaviors in young adults: Tipping the scale toward unhealthy eating behaviors? *Journal of Adolescent Health, 51*(5), 468-474. doi: 10.1016/j.jadohealth.2012.02.008

- Quick, V., Loth, K., MacLehose, R., Linde, J.A., & Neumark-Sztainer, D. (2013). Prevalence of Adolescents' self-weighing behaviors and associations with weight-related behaviors and psychological well-being. *Journal of Adolescent Health, 52*(6), 738-744. doi: 10.1016/j.jadohealth.2012.11.016
- Steinberg, D. M., Tate, D. F., Bennett, G. G., Ennett, S., Samuel-Hodge, C., & Ward, D. S. (2014). Daily self-weighing and adverse psychological outcomes A randomized controlled trial. *American Journal of Preventative Medicine, 46*(1), 24-29. doi: 10.1016/j.amepre.2013.08.006
- Walsh, D. J., & Charlton, B. G. (2014). The association between the development of weighing technology, possession and use of weighing scales, and self-reported severity of disordered eating. *Irish Journal of Medical Science, 183*(3): 471-475. doi: 10.1007/s11845-013-1047-2
- Welsh, E. M., Sherwood, N. E., VanWormer, J. J., Hotop, A. M., & Jeffery, R. W. (2009). Is frequent self-weighing associated with poorer body satisfaction? Findings from a phone-based weight loss trial. *Journal of Nutrition Education and Behavior, 41*(6), 425-428. doi:10.1016/j.jneb.2009.04.006
- Wing, R. R., Gorin, A. A., Raynor, H. A., Tate, D. F., Fava, J. L., & Machan, J. (2007). "STOP regain": Are there negative effects of daily weighing? *Journal of Consulting and Clinical Psychology, 75*(4), 652-656. doi:10.1037/0022-006x.75.4.652