

SUPPLEMENT II**Experience of Weight Gain**

The following questions ask about weight gain. Please answer every question by ticking the box that best represents your opinion. There are no right or wrong answers.

1. During the last year, have you experienced a weight gain without meaning to?

- ☐₁ Yes
- ☐₂ No I lost weight
- ☐₃ No my weight was stable

2. During the last year, how much weight did you gain?

- ☐₁ Less than 5 Kilos
- ☐₂ Between 5 and 9 kilos
- ☐₃ Between 10 and 15 kilos
- ☐₄ More than 15 kilos

3. How severe was your weight gain during the last year?

- ☐₁ Very mild
- ☐₂ Mild
- ☐₃ Moderate
- ☐₄ Severe
- ☐₅ Very severe

4. How much were you bothered by your weight gain during the last year?

- ☐₁ Not at all
- ☐₂ A little bit
- ☐₃ Somewhat
- ☐₄ Very
- ☐₅ Extremely

5. During the last year, was it difficult for you to maintain your weight?

- ☐₁ Not at all
- ☐₂ A little bit
- ☐₃ Somewhat
- ☐₄ Very
- ☐₅ Extremely