

# PSYCHOLOGICAL PROFILE PROGRESS TRACKER



weight management psychology

	BEGINNING OF PROGRAM	END OF PROGRAM
<b>INTUITIVE EATING OVERALL</b> Higher scores indicate a more intuitive eating style. Intuitive eaters tend to eat well and maintain weight naturally.		
<b>DIFFICULTY CONTROLLING OVEREATING OVERALL</b> Higher scores represent greater difficulty in controlling overeating.		
<b>EMOTIONAL EATING</b> Higher scores represent greater difficulty in controlling emotional overeating.		
<b>SOCIALLY ACCEPTABLE CIRCUMSTANCES</b> Higher scores represent greater difficulty in controlling overeating in social circumstances and when food is present.		
<b>DIETING MINDSET - RESTRAINED EATING</b> Higher scores represent more of a dieting mindset. A dieting mindset is associated with dieting-binging cycles, eating disorders, and periods of weight loss followed by regain.		
<b>DIETING MINDSET - EATING CONCERN</b> Higher scores represent higher unhealthy concern about eating, preoccupation with food, and worry about the effect of eating on weight.		
<b>EXERCISE CONFIDENCE OVERALL</b> Higher scores represent greater confidence in being able to regularly exercise.		
<b>PERCEIVED STRESS</b> Scores of 20 or higher are considered high stress, and if you are in this range, you might consider learning new stress reduction techniques as well as increasing your physical activity. High psychological stress is associated with high blood pressure, higher BMI, larger waist to hip ratio, higher cortisol levels, suppressed immune function, decreased sleep, and increased alcohol consumption. These are all important risk factors for cardiovascular disease. If you score highly on this test, seeing a psychologist, psychiatrist, and our counsellor may be beneficial for your overall wellbeing.		
<b>DEPRESSED AND ANXIOUS MOODS</b> Higher scores indicate higher levels of depressed and/or anxious moods.		
<b>SELF-ESTEEM (ROSENBERG SCALE)</b> Higher scores represent higher self-esteem.		
<b>BODY SATISFACTION</b> Higher scores indicate higher body satisfaction.		
<b>BODY UNEASINESS OVERALL</b> Higher scores indicate higher general body uneasiness.		
<b>BODY IMAGE THOUGHTS - NEGATIVE THOUGHTS</b> Higher scores indicate more negative body image thoughts.		
<b>BODY IMAGE THOUGHTS - POSITIVE THOUGHTS</b> Higher scores indicate more positive body image thoughts.		

NB: Some of these mindset areas can be challenging to improve, so make sure you get in contact if you feel you need extra help. We are always here to support you and [our psychologists](#) are available for one on one sessions from our office in Brisbane or via Skype.