

Weight-Based Rejection Sensitivity Scale
Version Attached: Full Test

PsycTESTS Citation:

McClure Brenchley, K. J., & Quinn, D. M. (2016). Weight-Based Rejection Sensitivity Scale [Database record]. Retrieved from PsycTESTS. doi: <http://dx.doi.org/10.1037/t60183-000>

Instrument Type:

Inventory/Questionnaire

Test Format:

The W-RS contains 16 items with two parts each (anxiety and expectation). Responses range from 1 (very unconcerned) to 6 (very concerned) and 1 (very unlikely) to 6 (very likely), respectively.

Source:

McClure Brenchley, Kimberly J., & Quinn, Diane M. (2016). Weight-based rejection sensitivity: Scale development and implications for well-being. *Body Image*, Vol 16, 79-92. doi: 10.1016/j.bodyim.2015.11.005, © 2016 by Elsevier. Reproduced by Permission of Elsevier.

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Weight-Based Rejection Sensitivity Scale

- WRS01 Imagine that at the first practice of an athletic team that you just joined, two captains start choosing players for their respective teams.
- WRS02 Imagine you have just completed a job interview over the telephone to be a fitness instructor. You are in good spirits because the interviewer seemed enthusiastic about your application. Several days later you complete a second interview in person. Your interviewer informs you that they will let you know about their decision soon.
- WRS03 Imagine that you have signed up for an online dating service. You post a photo of yourself.
- WRS04 Imagine that you are at work, and someone brings in a box of donuts for the office to share. As you are leaning to pick one up, your coworker walks by and comments on the number of calories in the donuts.
- WRS05 Imagine that your friend has signed up for Habitat for Humanity, a program that builds houses for charity. She is trying to get a team of people to do it with her.
- WRS06 Imagine that you are set up on a blind date. You thought that the date went well and you like the person but he or she has not called you for a couple days.
- WRS07 Imagine that you are visiting family for the holidays. Your relative greets you hello, and begins talking with you.
- WRS08 Imagine that you are at the grocery store, and you are purchasing chips, ice cream, and soda for a party you are throwing.
- WRS09 Imagine that you walk into a trendy shop to pick out a new shirt. The shop is fairly empty, and the salesperson sees you walk in.
- WRS10 Imagine that you have taken your seat on an airplane. After everyone has boarded, it appears as though there are a couple empty seats. You hear the person next to you ask the flight attendant whether he can switch seats.
- WRS11 Imagine that as you are walking up to your friends, you overhear them talking about a bike ride that they'd like to do over the weekend. They invite you to join them, but you can't go because you already have other plans.
- WRS12 Imagine that you are at the doctor's office for a routine visit. Before you see the doctor, a nurse measures your current height and weight.
- WRS13 Imagine that you are at the park. Two children are talking nearby, out of earshot. You notice that both are also staring at you and smirking.
- WRS14 Imagine that you are in a rush to get to a meeting that is two floors up. The stairs are right next to the elevator, but because you are in a rush, you decide to take the elevator.
- WRS15 Imagine that it is your birthday, and your friends decide to take you out to a buffet for dinner. You are in the buffet line and you put all of your favorite foods on your plate. You see a thin woman next to you glance at you and your plate.
- WRS16 You and several others approach your professor after class, because she has offered to let one person be her teaching assistant for the following semester.

Note. Responses range from 1 (very unconcerned) to 6 (very concerned) and 1 (very unlikely) to 6 (very likely), respectively.