PsycTESTS Citation:

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:

Permissions:
Test content may be reproduced and used for non-commercial research and educational purposes without seeking written permission. Distribution must be controlled, meaning only to the participants engaged in the research or enrolled in the educational activity. Any other type of reproduction or distribution of test content is not authorized without written permission from the author and publisher. Always include a credit line that contains the source citation and copyright owner when writing about or using any test.

PsycTESTSTM is a database of the American Psychological Association
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.