APPENDIX
APPENDIX-I

BDI  Beck Depression Inventory
MMPI-D The Minnesota Multiphasic Personality Inventory-Depression Scale
ZSRS Zung Self-Rating Depression Scale
ATQ Automatic Thought Questionnaire
DAS Dysfunctional Attitude Scale
HS Hopelessness Scale
NSQ Neuroticism Scale Questionnaire
EPQ Eysenck Personality Questionnaire
SSQ Social Support Questionnaire
MBSRQ Multidimensional Body Self-Relation Questionnaire

SUB-SCALES OF MBSRQ
(a) AE Appearance Evaluation
(b) AO Appearance Orientation
(c) FE Fitness Evaluation
(d) FO Fitness Orientation
(e) HE Health Evaluation
(f) HO Health Orientation
(g) IO Illness Orientation
(h) BASS Body Area Satisfaction Scale
(i) FA Fat Anxiety
(j) WC Weight Consciousness
(k) SW Subjective Weight
(l) CD Current Dieting
(m) ER Eating Restraint