|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** |
| **對** | 4 | 4 | 4 | 3 |  | 1 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 |  | 1 | 4 | 3 |
| **不對** |  |  |  | 1 | 4 | 3 | 2 |  |  |  |  |  | 1 |  |  | 1 | 4 | 3 |  |  |
| **不知道** |  |  |  |  |  |  |  |  |  |  |  |  |  | 2 |  |  |  |  |  | 1 |
| **總計** | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 |

第二部分 體重控制認知

第三部分 體重控制態度

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** |
| **同意** |  |  |  |  |  | 3 | 4 | 2 |  |  | 1 |  |  |  |  |  |  |  |  |  |
| **中立意見** | 4 | 1 | 2 | 2 | 3 | 1 |  | 1 | 3 | 3 | 3 | 3 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 |
| **不同意** |  | 3 | 2 | 2 | 1 |  |  | 1 | 1 | 1 |  | 1 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 |
| **總計** | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 |

第四部分 自我效能

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** |
| **絕對做得到** | 1 |  |  | 1 |  | 1 |  | 1 |  | 1 | 2 |  | 2 | 1 | 1 | 1 |  | 1 |
| **可能做得到** | 1 | 4 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 1 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 3 |
| **普通** | 2 |  |  | 1 | 1 | 1 | 2 |  | 1 | 1 |  |  | 1 | 1 |  | 1 | 1 |  |
| **可能做不到** |  |  | 1 |  |  |  |  |  | 1 | 1 |  |  |  |  | 1 |  | 1 |  |
| **絕對做不到** |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |
| **總計** | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 |

第五部分 體重控制行為

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** |
| **每天如此** | 1 |  |  | 1 |  |  |  |  | 1 | 1 |  | 1 |  | 1 |
| **每週5-6次** |  | 2 | 3 | 1 | 2 | 2 | 1 | 1 |  |  | 2 |  |  | 1 |
| **每周3-4次** | 2 |  |  | 2 | 1 | 2 | 1 | 2 |  | 1 | 2 | 1 | 3 | 2 |
| **每周1-2次** |  | 2 | 1 |  |  |  |  |  | 2 | 2 |  | 1 |  |  |
| **從未如此** | 1 |  |  |  | 1 |  | 2 | 1 | 1 |  |  | 1 | 1 |  |
| **總計** | 8 | 8 | 8 | 8 | 8 | 8 | 8 |

**藍字：**男生(共4人)

**紅字：**女生(共4人)