WEIGHT-RELATED TEASING:
RELATIONSHIP TO BODY IMAGE, SELF-ESTEEM,
AND RELATIVE BODY SIZE OF ADULT FEMALES

DISSERTATION

Presented in Partial Fulfillment of the Requirements for
the Degree Doctor of Philosophy in the Graduate
School of The Ohio State University

By

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2004

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ABSTRACT

Teasing related to weight may occur more often than many other types of teasing during childhood and adolescence. Because people tend to compare themselves with their peers, they may be inclined toward lower body image and self-esteem if they perceive they fail to compare favorably. When overweight or obese individuals compare themselves to their peers, they may discover that a stigma exists against the obese based on subjective cultural ideals of beauty and slenderness.

The current study examined weight-related teasing phenomena based on the recollections of adult females with Body Mass Indices from underweight to morbidly obese. A mailed survey assessed respondents’ levels of body image, self-esteem, proneness to hurt feelings, and perceptions of teasing. Open-ended questions provided narratives of teasing incidents related to appearance and weight. The goal of the research was to explore the possibility of weight-related teasing as more pervasive than other types of appearance-related teasing, and that the impact on body image and self-esteem would be more negative among respondents in the overweight, obese, and morbidly obese categories.

Results revealed moderate correlations between variables. Analyses of variance indicated differences between underweight and normal Body Mass Index categories and the overweight, obese, and morbidly obese categories. Narratives provided support for the statistical evidence and revealed a greater understanding of the experience of teasing about weight.
ACKNOWLEDGMENTS

I wish to thank my advisors, Dr. Nancy A. Rudd and Dr. Patricia A. Cunningham, not only for their expertise and support, but also for the friendship they have shown me. I could never have completed this project without their patience and determination to see me through to the end. I am grateful to my committee members, Dr. Sharron J. Lennon, for sharing her extensive knowledge and the gift of many professional opportunities, and Dr. Terri Fisher, for her commitment, concern, and unique insights. Thank you to Dr. Susan K. Frazier for her cooperation and thoughtful suggestions. I extend a special thank you to Dr. Gwendolyn O’Neal for her honesty and trust in me.

I give my heartfelt thanks to all the special people in my life and for experiences that I shall never forget. I am indebted to my husband, Michael Breseman, and my parents, Alice and David Holcomb, for their love and belief in me, and for all the exceptional treats just when they were needed most. I owe deep appreciation to my dear friend Seung-Hee Lee for her generosity and charm, to Lucy Bailey for her compassion and genius, and to my dong saeng, Jeong Hee Han, for being the best friend anyone could hope for.

Several people deserve special mention for their encouragement, kindness, and loyalty: Peggy Strow, Dr. Mary Lynn Kiacz, Dr. Genevieve Schroeder, Cindy Giles, Penny Winkle, Erik Eklund, and Cody Buchmann. Each of them contributed in their own unique way and I am thankful that they all found their way into my life.

I wish to extend my gratitude for their assistance in helping fund this research, in part, to the Graduate College at The Ohio State University for awarding me a Graduate Student Alumni Research Award (2001) and to the American Association of Family and Consumer Sciences for awarding me the Jewell L. Taylor Fellowship (2000).
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   K. P. Johnson and S. J. Lennon (Eds.). Appearance and Power (pp. 173-197).  
   (Book Chapter). London: Berg Publications.


FIELDS OF STUDY

Major Field: Textiles and Clothing

Minor Fields: Psychology
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CHAPTER 1

Introduction

Teasing can hurt. Indeed, teasing during childhood and adolescence may be regarded as a normal part of growing up. A belief that teasing is something to be endured as a natural element of childhood and adolescence may lead people to conclude that, as adults, the experiences become relegated to the past and the name-calling and taunting are safely forgotten. However, the residual effects of teasing on one’s self-esteem and body image may be more prevalent than might be assumed. Teasing may continue to impact and influence perceptions of body and self of the childhood teasing recipients well into adulthood.

Specifically, the nature and intent of teasing may influence the recipient’s body image and self-esteem. Some types of teasing may have greater effect than other types; for instance, teasing about weight may tend to be more harmful than teasing about wearing glasses (Beuf, 1990) or being taller than average (Binder, Grauer, Wehner, Wehner, & Ranke, 1997). In fact, weight teasing may indicate greater distress to the teasing recipient’s self-esteem and body image, thereby lowering each, than many other types of appearance- or non-weight-related teasing because of the societal stigma placed on being overweight or obese (Crocker, Cornwall, & Major, 1993; DeJong, 1980; Goldfield & Chrisler, 1995). In American society, the ideal standard of beauty includes being thin (Garner, Garfinkel, Schwartz, & Thompson, 1980; Goldblatt, Moore, & Stunkard, 1965). Previous research studies investigating weight-related teasing and weight-related stigma reveal that people fear being fat to such an extent that they indicate they would rather have heart disease, diabetes, deafness, blindness, or an amputated leg than be fat or obese (Rand & MacGregor, 1991).
An obese child or adolescent may be a more frequent recipient of teasing based on relative body size than their thinner peers. If the ideal standard of desirable body size in a society tends to exclude overweight and obese people, teasing may express negative thoughts about being obese and further contribute to an existing obesity stigma. Unfavorable comparisons to others who fit more closely to the culturally ideal physical standard of thinness may further decrease body satisfaction (a component of body image) and self-esteem of those who are overweight or obese. People teased for being overweight or obese may compare themselves to others who are not overweight or obese and develop more problems with body image and self-esteem than their thinner peers. The rationale for these possibilities is presented below.

Essentially, people tend to compare themselves with others in society (Festinger, 1954), and, people who compare upwards (in this case, comparisons with thinner people and the ideal standard of thinness) on aspects of weight may discover a stigma against obesity and, thus, may tend to have lower self-esteem and body image as a result. They may conclude that they are not as desirable as their thinner counterparts and may, therefore, tend toward lower self-esteem and body image on that basis. If they also have been teased about being obese or overweight, this may tend to result in even lower self-esteem and body image than that experienced by the stigma of obesity alone. Further, if people are prone to having their feelings hurt easily, this, too, may relate to lower self-esteem and body image. The author of this current study speculates that if people are more sensitive to teasing and tend to blame themselves for being obese, they may be more prone to hurt feelings than those who are not as easily hurt. Additionally, if one compares his/her physical appearance to others using a social ideal or standard of thinness, and senses rejection (or perceptions of being teased) based on that appearance, he/she may react with more hurt feelings than someone whose appearance more closely achieves the cultural standard of thinness.

Finally, women who were teased about their weight as children and adolescents, or even as adults, may provide insight into how women tolerate teasing and how they cope with teasers. The teaser may influence self-esteem and body image, and the impact may be greater if the teaser was a parent or friend instead of a stranger. The impact of the stigma of obesity in
American society and the apparent high tolerance for obesity prejudice and discrimination may play a role in influencing effects of teasing on self-esteem and body image. Since some research has suggested that people have said they would rather have a limb amputated or be blind than to be fat (Rand & MacGregor, 1991), one could assume that weight-related teasing is more debilitating and demoralizing to self-esteem and body image than other types of non-weight-related teasing, including physical handicaps and other appearance-related aspects.

Because of the highly visible characteristics of fatness and obesity, as well as the stigma associated with obesity, weight-related teasing may occur more often than some other types of teasing. For instance, other types of non-weight-related teasing may provide potentially “teasable” information about a person, but may not be as apparent as that associated with one’s relative body size or weight. Types of non-weight-related teasing could include aspects of face and head (e.g., large nose, scars, port wine stains, glasses, hair color or texture, having excess facial hair, acne or acne scars), and body (height, body shape). Other aspects of appearance may include having a visual impairment or a disease with obvious characteristics, such as spina bifida,¹ or multiple sclerosis², being wheelchair-bound, wearing “strange” or unusual clothing, or having a peculiar gait or way of walking. Thus, weight-related teasing may occur as a distinct aspect of the larger category of appearance-related teasing. People who tend to tease others about aspects of their appearance, weight or size in particular, may perceive the obese as able to control their situation (i.e., their weight), and assume that the obese could lose weight if they wanted to. Therefore, teasers could conclude that people with diseases or other physical handicaps, not directly to blame for their condition, are less deserving of teasing than an obese person. It might be expected that the more obese a person is, the lower her body image and self-esteem, and the stronger would be her perceptions of and reactions to teasing.

¹ Spina bifida is defined as “a congenital defect of the spine, in which part of the spinal cord and its meninges are exposed through a gap in the backbone” (“Oxford”, 1989, p. 972).

² Multiple sclerosis is defined as “a chronic and progressive disease of the nervous system resulting in symptoms including paralysis and speech defects” (“Oxford”, 1989, p. 899).
Definition of Related Terms

Some frequently used words in this study are listed below with brief definitions. Other important terms will be defined throughout the study as appropriate and necessary.

**Body image:** Body image, according to Cash (2004), is the “multifaceted psychological experience of embodiment, especially but not exclusively one’s physical appearance,” (p. 1).

**Culture:** Culture may be defined as "the customs, civilization, and achievements of a particular time or people," (Oxford English Dictionary, 1989, p. 231). Thus, the *cultural standard of beauty* generally refers to the standard of acceptable appearance and/or body size and shape determined by a culture or subculture at a given point in time, and that standard by which people are evaluated.

**Discrimination:** Discrimination involves an "overt behavior directed toward people simply because they are presumed to be members of a particular group" according to Horowitz and Bordens (1995, p.180).

**Prejudice:** Prejudice is defined as "a feeling, favorable or unfavorable, toward a person or thing, prior to, or not based on, actual experience" (Allport, 1954, p. 6). This definition allows for positive, as well as, negative judgments toward a person or a group of people. It describes a feeling or attitude and not a behavior. More typically, however, prejudice is viewed as a negative perception, such as Devine’s (1995) definition of prejudice as "a negative intergroup attitude toward a socially defined group and toward any person perceived to be a member of that group" (p. 513).

**Self-Esteem:** Self-esteem is the degree to which one values one’s self-image, or the amount of approval one has for the self-concepts one holds about oneself (Rosenberg, 1979).

**Society:** Society is generally defined as "the sum of human conditions and activity regarded as a whole functioning interdependently, a social community, a social mode of life, the customs and organization of an ordered community, and an association of persons united by a common aim or interest or principle," (Oxford English Dictionary, 1989, p. 958).

**Stereotype:** A stereotype is defined as "a set of rigid beliefs, positive or negative, about the characteristics or attributes of a group" (Judd & Park, 1993).
Purpose of the Study

The primary purposes of this study are to examine the relationship of weight-related teasing, as an aspect of appearance-related teasing, with body image and self-esteem of adult females; and, to examine these perceptions among women of various body sizes, from underweight to morbidly obese. The main premise is that weight-related teasing will occur with greater frequency and impact than other types of appearance-related teasing. Secondary purposes of the study include an exploration of a proneness to hurt feelings with teasing, body image, and self-esteem. Essentially, if one is more sensitive to having hurt feelings, teasing may be perceived as occurring more frequently and more severely. Finally, this research strives to evaluate the experience of and reactions to teasing occurring during childhood and adolescence by adult females through the respondents’ own recollections and words.

Justification of the Research

This study attempts to increase awareness of the potentially damaging effects of teasing on the self-esteem and body image of girls and women, particularly those who are obese (although many non-obese women may be recipients of appearance-related teasing). Overweight and obese girls and women generally do not fit the Western ideal standard of beauty, which emphasizes thinness. An exploration of teasing and the stigma of obesity may enhance knowledge of the teasing phenomenon and could possibly lead to interventions to prevent or reduce the effects of teasing in childhood and adolescence.

Perhaps teasing is not a normal part of growing up. Teasing may not be a manifestation of childhood that is forgotten by adulthood; indeed, the impact to self-esteem and body image may persist into adulthood and may affect many aspects of life for those who were teased.

This study is unique because, although weight- and non-weight-related teasing have been investigated among different groups of people, few, if any, researchers have examined the impact of weight-related teasing on body image and self-esteem between obese and non-obese women and from one life stage to another (i.e., from childhood to adulthood).

As obese people socially compare themselves to others and discover that they are different in body size and shape from average-sized people, they may find that they are
discriminated against, such as, in applying for college (Canning & Mayer, 1966; Pargman, 1969), in applying for jobs (Keas, & Beer, 1992; Pingitore, Dugoni, Tindale, & Spring, 1994), or in shopping situations (Pauley, 1988). They may discover that they cannot hide their differences because fat is so highly visible and hard to conceal. In part, due to the social stigma against obesity, one’s self-concept may suffer as one begins to see herself as deserving of ridicule. Recipients of teasing may begin to internalize the negative messages from society that they could lose the weight if they only tried (Tiggemann & Rothblum, 1997). Perhaps they will begin to label themselves as society has; they may blame themselves for their size or weight based on the cultural dictates of beauty imposed on them by our society (Allon, 1979; Garner, Garfinkel, Schwartz, & Thompson, 1980). They may internalize the notion that they are entirely responsible for their body size and that something is wrong with them for being a different size (Crocker, Cornwell, & Major, 1993). As targets of teasing, they may see themselves as deserving of that teasing because they perceive their obesity as their own fault.

Differences between weight-related teasing and non-weight-related teasing occurring in childhood and adolescence among normal-weight (average), overweight, obese, and underweight adult women will be examined to determine if weight-related teasing has a negative impact on self-esteem and body image. Weight-related teasing is expected to be more detrimental to self-esteem and body image among overweight and obese adult females than other types of appearance-related teasing among various body sizes of females, as indicated by lower scores on each measure.

Potential Limitations of the Study

A few items may pose limitations in this research. For instance, self-reported body weights in mailed surveys are a potential limitation. Researchers must assume that respondents self-report accurate information; however, this may not be the case. Indeed, one study (Cash, Grant, Shovlin, & Lewis, 1992) conducted to determine the accuracy of self-reported weights in which subjects recorded their weights that were later compared with body mass indices, revealed

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3 Non-weight-related teasing includes any appearance-related teasing, excluding weight and relative body size.
heavier actual weight was correlated with significantly lower reported weights, with women more likely to under report their actual weight. That study supported an earlier similar study (Cash, Counts, Hangen, & Huffine, 1989) in which subjects were asked to report actual and ideal weights; these data were correlated with weighing results under two conditions - self-reporting and unanticipated weighing, and self-reporting after actual weighing but without disclosure of weighing results given to subjects. The researchers discovered that self-reported actual weights were significantly underestimated when subjects were unaware that they would be physically weighed; also, under-reporting was significantly related to heavier weights in the first condition, indicating a possibility of greater significance of findings had true weights been recorded.

Another limitation of the study concerns the possible sensitive nature of the topic; responses may evoke painful memories of a teasing incident for some respondents. In addition, responses will require participants to recollect memories of childhood and adolescent incidences of teasing; therefore, subjective memory is a potential limitation. In trying to recall incidents of teasing from one’s childhood and adolescence, participants may exaggerate or underplay such experiences. Researchers in the field of memory recollection know that memory is subjective and not always accurate or reliable; they have discovered that details linked to an event are stored in memory. However, the details may remain in the memory as remembered, but often they undergo change (Loftus, 1996). For instance, people tend to recall events with less accuracy as time goes by. As their “retention interval” increases between the event and the recollection of the event, the facts and details of the event are subject to external influences, including information that might contaminate the memory of the event (Loftus, 1996). In this study, respondents will attempt to recall teasing events from their past. The possibility exists that their recollections of these teasing episodes could be altered or not exactly as the event actually occurred.

Hypotheses

As indicated, the purposes of this study are to examine the relationships among body image, self-esteem and proneness to hurt feelings, as well as perceptions of teasing about appearance (especially weight), and frequency and effects of incidents of teasing from childhood, adolescence, and adulthood.
The following hypotheses are proposed

Hypothesis One (H1): In all respondents, lower levels of body image will be associated with:

a. lower levels of self-esteem
b. higher levels of proneness to hurt feelings
c. higher levels of perceptions of teasing

Hypothesis Two (H2): In all respondents, lower levels of self-esteem will be associated with:

a. higher levels of proneness to hurt feelings
b. higher levels of perceptions of teasing

Hypothesis Three (H3): In all respondents, higher levels of proneness to hurt feelings will be associated with higher levels of perceptions of teasing.

Hypothesis Four (H4): Larger relative body size will be associated with:

a. higher perceptions of teasing
b. lower levels of body image
c. lower levels of self-esteem
d. higher levels of proneness to hurt feelings

Research Questions

Research questions are included to explore whether or not weight-related teasing is more prevalent than other types of appearance-related teasing (non-weight-related teasing) during childhood/adolescence and as adults. The following research questions are as follows:

Research Question 1 (RQ1): Of those respondents reporting appearance-related teasing, which aspects of appearance will respondents single out to report?

Research Question 2 (RQ2): Which aspects of appearance-related teasing were respondents teased about more frequently?

Research Question 3 (RQ3): What will be the difference in reported teasing about appearance aspects and their frequency between Childhood/Adolescence and Adulthood?
Open-Ended Questions

Open-ended questions are included in this study for the purposes of allowing respondent’s to describe, in whatever detail they desire, specific incidents of teasing, if any, and to relate how they were affected by these at the time. Respondents could provide further insight into their behavior and attitude toward having been teased at any age, including adulthood.

Open-ended items request a brief narrative of a teasing incident and the circumstances surrounding it, a description of how the respondent felt about it (what emotions may have been elicited) then and now, and how the incident was resolved (what actions did the respondent take).

This open-ended evaluation is intended to provide a more in-depth report on the long-term impact of teasing and to either support or contradict the results of the quantitative measures.

The combination of testable hypotheses related to body image and self-esteem, research questions to assess appearance aspects and perceptions of appearance-related teasing items, and descriptive accounts of teasing may present a more complete understanding of the nature of teasing than could be accomplished merely by one method. This multiple perspective of teasing related to weight and relative body size could, ultimately, provide a deeper understanding of the impact of teasing on overweight and obese individuals.
CHAPTER 2

Review of Literature

This study examines teasing based on physical attributes, primarily those related to weight or body size. How teasing interacts with body image, self-esteem, and the nature and stigma of obesity is the focus of this review of the literature.

Teasing

Definitions and descriptions of teasing.

Teasing is defined as a generally “annoying, harassing, or irritating occurrence done in sport or mischief; and, ...is typically of a trifling or petty nature” (Pawluk, 1989, p. 146). Teasing involves social interaction of an exceptionally complex nature. The dichotomy of teasing exists as humor on the one hand and as insult and abuse on the other. Research on teasing appears to fall into two broad topic areas. The first is research on language and linguistics (Alberts, 1992; Reger, 1999), humor and the intent of teasing (Boxer, & Cortés-Conde, 1997; Keltner, Young, Heerey, Oemig, & Monarch, 1998; Shapiro, Baumeister, & Kessler, 1991). The second is research on bullying, victimization, prejudice, and discrimination (Ross, 1996), and intent to hurt, embarrass, or ridicule (Rickert, Hassed, Hendon, & Cunniff, 1996; Sharkey, 1992). Teasing may likely be misinterpreted because it could be meant as humor by one teaser and interpreted as an insult by the teasing subject. Teasing may seem humorous and harmless but in reality may be masking an insult, even a subconscious one on the part of the teaser. Teasing may be a “safe” or socially acceptable way to express anger without showing overt signs of anger or aggression.

Teasing may take several forms, not all harmful or negative. Teasing may be playful and fun, a way of expressing affection between two people. Teasing may also be one method used by parents to prepare their children to survive in the world, to sharpen children’s skills or teach
them how to defend themselves (Ross, 1996). However, teasing and bullying can also be
devastating to the teased person and the consequences of this victimization can be detrimental to
the victim's emotional and psychological well being (Ross, 1996). Teasing may occur based on
any number of attributes, physical or otherwise (e.g., speech, surname, nationality, income).

*Teasing involving physical appearance or attributes.*

Teasing quite often involves a physical, visual condition such as facial deformity (Gerrard,
1991), cystic fibrosis (D'Auria, Christian, & Richardson, 1997), stammering (Hugh-Jones & Smith,
1999), learning difficulties (Martlew & Hodson, 1991), and cancer (emaciated appearance or hair
loss) (Chesler & Barbarin, 1986). Individuals may be teased about disorders such as “vitiligo, a
depigmentizing disorder which can create a spotted appearance of the skin; psoriasis and acne;
cleft palate; obesity; and myopia” (Beuf, 1990, p. 5), facial disfigurements and visible impairment
of the hands (Beuf, 1990, p. 15), and perceived ugliness (Beuf, 1990, p. 20).

Cash (1995) also examined appearance-related teasing during childhood and
adolescence (in which facial characteristics and weight were the most frequent targets) and found
that those women most severely teased had the most negative body image. Similarly, Rieves
and Cash (1996) discovered that appearance-related teasing and criticism, along with sibling
social comparisons, and maternal modeling of body image attitudes and behaviors, all explained
significant variance in current body images. Findings similar to these were revealed in a study of
the relationship between physical appearance-related teasing history with body image and self-
esteen using adult obese females (Grilo, Wilfley, Brownell, & Rodin, 1994). The results
uncovered relationships between body image and appearance-related teasing, indicating that the
higher the incidence of teasing, the lower the level of positive body image. No significant
relationship between self-esteem and appearance-related teasing emerged, although negative
body image and negative self-esteem were correlated, meaning that people with a poor body
image tended to have low self-esteem as well.

Studies conducted to examine the impact of teasing on individuals included research on
teasing syndrome in facially deformed children that revealed that children actually may move
through stages, such as anger at first, then social withdrawal, various psychosomatic symptoms,
leading to failure in school or dropping out, to depression, and possibly suicide (Gerrard, 1991).
In studies involving children and teasing over a visible condition, such as cystic fibrosis in which
the victim of the disease coughs frequently and must take medications, researchers found
schoolmates were afraid of catching the disease and mystified by the nature of cystic fibrosis
(D’Auria, Christian, & Richardson, 1997). In this qualitative study of 6- to 12-year-olds, the
researchers discovered from the children’s recollections that the teasing lowered their self-
estee, and had the effect of causing the children to internalize the fear and teasing of the other
children, thereby encouraging them to see themselves as less worthy than children without cystic
fibrosis. Other studies have focused on teasing and children with mild learning disabilities
(Martlew & Hodson, 1991), teasing and height of adults (Binder, Grauer, Wehner, Wehner, &
Ranke, 1997), and teasing and corrective shoewear in childhood (Driano, Staheli, & Staheli,
1998).

**Teasing involving weight-related appearance and body image.**

Obesity is a readily visible appearance variant, severely criticized in American society
(Burgard & Lyons, 1994; Crandall, 1994; Crandall & Biernat, 1990; DeJong, 1980; Grilo, Wilfley,
Brownell, & Rodin, 1994; Jasper & Klassen, 1990a). The problem of teasing about body size or
weight is significant when one realizes the prevalence of obesity in American society; the
population of potential teasing targets is considerable. For example, teasing about one’s weight
may decrease empowerment, resulting in less respect awarded to teasing targets and, therefore,
less confidence in one’s self (Breseman, Lennon, & Schulz, 1999). Without a sense of power,
people struggle to fulfill dreams or goals, and when respect is denied, their views may not be
taken seriously. This may well lead to a lack of self-confidence and an inability to think for
oneself (Breseman, Lennon, & Schulz, 1999).

In other research on teasing and body image, Thompson, Coover, and Stormer (1999)
assessed the role of appearance-related social comparison processes as a logical link between
developmental factors and body satisfaction, eating disturbance, and global psychological
functioning. They discovered that, as one aspect of the study, appearance-based social
comparison mediated the effect of appearance-related teasing on body image and eating
disturbance. A study of body image by Schwartz, Phares, Tantleff-Dunn, and Thompson (1999) revealed correlation between parent’s teasing about weight and daughter’s body image, such that the greater the occurrence of teasing, the lower the daughter’s body image.

Advice to victims about how to deal with teasing often includes the suggestion to simply tease back, but few children would seem capable of such a strategy, especially a child who has an obvious visual condition such as obesity, a condition often blamed on the obese individual. It is likely that an obese child, teased about his or her body size, may be at risk for an early negative view of him or herself (Breeman, Lennon, & Schulz, 1999).

**Obesity**

*Definitions and descriptions of obesity.*

According to dictionary definitions, obese means “very fat or corpulent” and derives from the Latin infinitive, “to eat” (Oxford English Dictionary, 1989, p. 681), while overweight means “beyond an allowed or suitable weight” and “excessive or extra weight” (Oxford English Dictionary, 1989, p. 709). In the research literature and in society as a whole, people often confuse the terms “overweight” and “obesity,” using them interchangeably, and often according to an author’s personal preference. However, Dalton (1997) proposed that the designations “overweight” and “obesity” have various definitions. She maintains that body weight status falls into three similar categories: (1) medical definitions, that use “statistical analysis to measure mortality, using epidemiological data that relate longevity to weight;” (2) social and cultural definitions, that are “perceptual, based on the normative values of a specific ethnic or age or geographic group toward body size and shape;” and (3) practical or operational definitions, that “are developed for therapeutic and management use and include functional considerations, such as person’s ability and desire to perform activities of daily living” (p. 1).

*Etiology and development of obesity.*

Precisely what causes obesity in individuals remains yet undetermined. Researchers across disciplines cannot single out any specific origination of obesity in human beings. However, several studies in medical and social sciences reveal certain classifications of the etiology of obesity, such as physiological, psychological, environmental, and cultural. For
instance, studies of the physiological causes of obesity through animal research, attempts to produce the same conditions that would be found in human beings. These may be directly linked to changes in metabolism from proteins present or lacking in the adipose tissue of mice (as it would be in humans) and passed on to offspring (Maeda, Okubo, Shimomura, Mizuno, Matsuzawa, & Matsubara, 1997). Obesity may occur through the passage of genes from generation to generation. Levin (2000) found that lean rats genetically predisposed to obesity were given more and more calories until they developed neural pathways in the brain to compensate or “correct” for abnormalities in their original neural brain configurations. Eventually these new pathways leading to obesity became the norm. A gene study involving animals isolated the leptin gene in 1994 in which energy expenditure increased (Zhang, Proenca, & Maffei, 1994). However, these studies involved mice and rats, not humans, and, regardless of how frequently rat studies are used in medical science to parallel human conditions, these patterns of genetic predisposition of obesity can only tentatively indicate identical conditions in people.

Metabolic factors contributing to obesity etiology may include energy or caloric intake (Bandini, Schoeller, Cyr, & Dietz, 1990; Lichtman, Pisarski, & Berman, 1992). These factors may also include the genetically influenced thermic effects of food (heat-energy), resting energy expenditure, and activity-related energy expenditure (Weinsier, Hunter, Heini, Goran, & Sell, 1998).

Studies involving human twins may provide more immediate evidence of genetically induced obesity (e.g., DNA, metabolic rates, adipose distribution) with estimated heritabilities given from 66%-80%. However, these studies are now thought to be exaggerated estimates (Stunkard, 1996). Research into adoption in which heritability of Body Mass Index (relative body size based on height and weight combination) was around 33% (Bouchard, 1994), and in situations that isolated siblings from each other, also revealed heritability estimates of approximately 33% (Vogler, Sorensen, Stunkard et al, 1995).

Environmental factors may contribute to causes of obesity, such as socioeconomic status, in which an inverse relationship occurred between prevalence of obesity and a low
socioeconomic status (Sobal & Stunkard, 1989), meaning that when obesity was high, the social and economic status was low. This perhaps indicated a lack of knowledge of good nutrition or an inability to afford healthier foods. In a study of family dysfunction on obese and non-obese fifth-graders, greater dysfunction was indicated on measures of task accomplishment and control in mothers with overweight and obese children. This suggested that these families may have more difficulty in making lifestyle changes that would provide better nutritional choices and adherence to dietary restrictions (Wilkins, Kendrick, Stitt, Stinett, & Hammarlund, 1996). The authors advocated more family involvement as a key to positive body image development in adolescents.

Cultural and psychological factors leading to causes of obesity in American society may include the role of nutrition and public health officials, as well as any other segment of society. Practitioners and researchers in these fields are possibly influenced by societal standards of appearance, including fear of fat and judgments of fat as unaesthetic (Austin, 1999). Austin suggested that this group might perpetuate misconceptions and biases about obesity through their own personal attitudes and values as much as through any empirical evidence. The findings indicated that they may simply believe that fat people would not follow a sound nutritional plan, that they would tend to disregard suggestions to exercise, that fat or obese individuals are solely responsible for their condition, or that genetic or metabolic causes are relatively rare.

*Measurement and assessment of obesity.*

Body Mass Index (BMI) is a useful way to assess obesity. It is calculated using “the individual’s weight in kilograms divided by the square of the height in meters (kg/m2)” (Benotti & Forse, 1995, p. 361). Quetelet’s Index (QI) is another name often used for this calculation (Haslam, 2000). Normal BMI for men is 20-25 and 19-24 for women (Kreider, Hughes, Smeal, Hirai, and Manders, 1996). A BMI “over 30 kg/m2 defines obesity, whereas a BMI over 40 kg/m2 defines severe obesity, also known as morbid obesity or class IV obesity” (Benotti & Forse, 1995, p. 361). Benotti and Forse (1995) indicated that people are severely obese at 200% or 100 pounds above their ideal weight. The newest category of obesity is “superobesity” for people who are 225% above their ideal body weight and who have a BMI above 50 kg/m2 (Benotti & Forse, 1995). Atkinson (1998) stated that the World Health Organization also supports the definition of
overweight as a BMI of 25-29, and of obesity as a BMI of 30 or greater. More recently, both the World Health Organization and the U.S. National Institutes of Health (NIH) have agreed to guidelines that identify underweight as a BMI of less than 18.5 and normal weight as a BMI of greater than 18.5, but less than 25 (Valdez & Williamson, 2002).

**Prevalence and presence of obesity.**

In an era of supposed health, fitness enthusiasm, and a desire for a thin, lean body, a significant portion of the American population is overweight. Reports indicate varying percentages of prevalence of obesity among Americans; by one account, 20% of Americans are obese, meaning that they are above the Body Mass Index of 30 or higher ("Obesity: 20% of Americans Obese," 1999). Other reports indicate that 30% to 33.4% of adults and approximately 20% to 25% of children in the United States are obese (Kuczmarski, Flegal, Campbell, & Johnson, 1994; Martin, Hunter, Lauve, & O'Leary, 1995), a total of approximately 54 to 90 million people based on the year 2000 U.S. population of 270.3 million ("ABCNEWS Country Profile," 2000). The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) maintains a website on the Internet in which they report that approximately 61.9% (64.5 million) of women over age 20 in the United States are overweight and obese ("Statistics," 2004). This figure is based on women with a BMI greater than or equal to 25. Within that 61.9%, women with a BMI greater than or equal to 30 (classified as obese), according to the NIDDK, number approximately 33.4% (34.7 million).

Researchers (Mokdad, Serdula, Dietz, Bowman, Marks, & Koplan, 1999) report that obesity among Americans over age 18 increased almost 6% between 1998 and 1999. Respondents aged 18 to 29 years old had the greatest increase, from 7.1% to 12.1%. Approximately a year later in a follow-up study of the same age group (Mokdad, et. al., 2000) found an increase of 10% (17.9% in 1998 to 18.9% in 1999). Foreyt and Goodrick (1995) made a far-reaching prediction when they stated that, "based on prevalence studies from 1960 to 1991, we calculate that by the year 2230, 100% of adults in the USA will be overweight, as defined by a body mass index of more than 27.8 for men and 27.3 for women" (p. 134). According to Sturm (2003), obesity (he uses the term 'clinically severe obesity') representing a BMI greater than 40
quadrupled during the years from 1986 to 2000 from about 1 in 200 to 1 in 50 among adult Americans. He reported that BMIs greater than 30, but less than 40, doubled during the same period, and that BMIs greater than 50 increased from about 1 in 2000 to approximately 1 in 400.

While American men as a whole tend to gain weight until their mid-50s, they tend to lose as they age beyond their 50s; American women as a whole, however, tend toward a prevalence of overweight that increases as they age (Foreyt, 1987). Information from a National Institutes of Health and National Heart, Lung, and Blood Institutes report and from a World Health Organization consultation (as cited in Poston & Foreyt, 1999) revealed that prevalence rates for overweight for men and women in the US are 19.5% and 25.0% respectively. National Health and Nutrition Examination Surveys (NHANES) data (as cited in Dalton, 1997) for children 6-11 years and adolescents 12-17 years revealed that the prevalence of overweight was 22% for children and adolescents out of all racial and ethnic groups combined according to evaluation of data collected between 1963 -1991.

**Stigma of obesity.**

Along with health care providers and obesity researchers who warn of the increases in the prevalence of obesity levels indicated currently and predicted into the future, and despite the varying opinions as to the validity of obesity as a true national health epidemic, obesity must also be examined as a legitimate area of prejudice and discrimination within American society. This prejudice exists as a likely reaction to obese people based on the subjective standards of beauty and thinness expected of them by their culture (Goldblatt, Moore, & Stunkard, 1965). Because society sets the arbitrary standards for ideal beauty and body shape and size, obese individuals may respond to these standards in various ways, including weight reduction strategies, shame, appearance-altering behaviors, or defiance.

Goffman (1963) defined stigma, in general, as an acutely disgraceful attribute, one that spoils a person’s identity and sets one apart from others by using undesirable characteristics or attributes. He maintained that a society creates a system of categorizing people and assigns to them characteristics assumed to be common to members of each category. He also devised the term “courtesy stigma,” presumably to describe the type of stigma that does not harm other
people, but is offensive to society because it is unsightly and unacceptable (Goffman, 1963, p. 129).

Indications that the stigma of obesity in American society is pervasive and long-standing are revealed in research such as early obesity studies involving children’s attitudes. For example, when children aged 10 and 11 ranked pictures of other children with visible, physical disabilities (and a control group of children with no apparent disability), the picture of the obese child was consistently ranked the lowest (Richardson, Goodman, Hastorf, & Dornbusch, 1961). The picture of the child with a facial disfigurement was ranked slightly higher, and the child missing a hand, the child in a wheelchair, and the child with crutches and a leg brace ranked higher respectively. The picture of the child with no apparent disability was consistently ranked the highest. Another early study by the same group of researchers (Goodman, Dornbusch, Richardson, & Hastorf, 1963) used the same stimuli pictures and control. They compared attitudes of adults, children from low socio-economic Jewish and Italian families, and mentally retarded and emotionally disturbed children. Results were consistent with the earlier study; the picture of the obese child ranked as most negative among all the stimuli, with the exception of the mentally retarded and emotionally disturbed children who gave mixed rankings. Maddox, Back, and Liederman (1968) replicated the previous studies using the same type of stimuli (the pictures of disabled and obese children) with similar groups and subgroups of people and found that the obese child was typically ranked the lowest on all dimensions. More recently, a study of how first graders perceive endomorphic children revealed that children identified less with the endomorphic child’s appearance and tended not to prefer the child as a potential friend (Goldfield & Chrisler, 1995).

A study conducted by Rand and MacGregor (1991) in which the researchers found that forty-seven adult male and female participants, who had lost weight after obesity surgery, claimed they would choose heart disease, diabetes, or deafness to gaining back their weight; furthermore, about 90 percent would choose blindness or an amputated leg to obesity. All participants rejected a lifestyle scenario as an obese millionaire in favor of being normal weight with an average income (Rand & MacGregor, 1991).
Several studies reveal negative attitudes toward the obese by both male and female nurses and caregivers (Bagley, Conklin, Isherwood, Pechiulis, & Watson, 1989; Garner & Nicol, 1998; Maroney & Golub, 1992; Young & Powell, 1985). Many physicians view overweight as objectionable in itself, regardless of health, and, thus may influence others into accepting overweight as a health concern (Maddox & Liederman, 1969). Physicians may be influenced by the same cultural standards as society as a whole and, therefore, may tend to view their obese patients as “unaesthetic and morally weak” (Maddox & Liederman, 1969, p. 214) and to ascribe to them negative traits perceived as universal to all obese people. Therefore, cultural values may intermix with medical facts, subtly manipulating many Americans into believing that overweight is primarily a health concern based on medical evidence and not a culturally influenced prejudice as well (Maddox & Liederman, 1969). In their study of this phenomenon, Maddox and Liederman (1969) attempted to assess differences in treatment by physicians of moderately overweight patients (over 10 percent of ideal body weight) and severely overweight patients (over 20 percent of ideal body weight) by tracking clinic charts and entries related to weight. They discovered that the moderately overweight patients had very few weight-related comments on their charts and no advice about weight management. On the other hand, the severely overweight patients had weight-related entries on their charts about 50% of the time and received advice about weight management about 25% of the time. Ironically, in very few cases did physicians monitor progress of patients recommended for weight management treatments. In a follow-up to this study, Maddox and Liederman (1969) assessed the training received by the physicians, house officers, and student clerks at the outpatient medical clinic. From the response rate of 41/57 (72%) of senior physicians, 44/87 (52%) of house officers, and 15/53 (28%) of student clerks, the researchers found that, among this sample, personal experiences and attitudes, not education, were the main sources of information about overweight and weight management.

More recently, research involving physicians’ attitudes toward obese patients included a study conducted by Rand and Macgregor (1990) in which morbidly obese patients, before and
after having bariatric\textsuperscript{4} surgery, assessed prejudice and discrimination from health professionals. Patients described many incidents of prejudice and discrimination prior to surgery, but reported very little 14 months after surgery, especially when they had weight losses greater than one hundred pounds. In an article by Wadden and Wingate (1995), health care practitioners were urged to treat obese patients with compassion and to acknowledge the feelings of their patients. The authors confronted the issue of prejudice against obese people by doctors and reminded physicians that they are subject to the same prejudices against obese people that occur in society. Practitioners were advised to recognize the difficulties with diets and weight loss concerns and to treat their obese patients with respect.

Kristeller and Hoerr (1997) reported on the results of a study among six groups of physicians who treat obesity as a medical health risk factor: family practice, internal medicine, gynecology, endocrinology, cardiology, and orthopedics. Beliefs, attitudes, and practices of physicians within these specialty groups were revealed to vary substantially. Although all six groups expressed great concern for the treatment of moderate and morbid obesity, the family practice, internal medicine, and endocrinology physicians reported treating obesity themselves about half of the time. On the other hand, the gynecology, cardiology, and orthopedics groups tended to refer the patients to other physicians. The reasons for this may include a lack of training concerning obesity by a majority of medical specialties that examine obese patients.

Other studies suggest that obese individuals have faced discrimination in college acceptance at so-called prestige colleges (Canning & Mayer, 1966). However, Pargman’s (1969) survey results suggested that socio-economic factors (i.e., obese students coming from lower socio-economic levels) might have played an important role in students’ ability to afford an Ivy League college. The research suggested that rejection was based on that aspect more than the students’ obesity. Studies also reveal possible discrimination in a variety of occupations and lifestyles, including perceptions of high school performance (Canning & Mayer, 1967); in nursing school (Creighton, 1988); in retail sales and evaluations of job performance (Jasper & Klassen, 1988).

\textsuperscript{4} Bariatric refers to “the branch of medicine that deals with the causes, prevention, and treatment of obesity” (Stedman’s Medical Dictionary, 1995, p. 87).
In a comparison of White and Black women, and the degree to which they expressed stigma, White women rated larger-than-average sized White female stimuli as less attractive, intelligent, popular, and happy; and rated them as having less success in relationships, in jobs, and in less prestigious occupations than thinner-than-average White female stimuli (Hebl & Heatherton, 1998). In the same study, little evidence of the stigma of obesity was found for Black women’s’ ratings of the Black female stimuli. Black respondents rated the larger-than-average Black females as more popular than the thinner-than-average females. Although Black women rated the thinner Black females as more attractive, their ratings did not convey that they considered the thinner female stimuli as more intelligent, popular, happy, in better relationships, or as having better jobs than the larger Black females.

In a cross-cultural study, Crandall and Martinez (1996) compared American and Mexican student differences in antifat prejudice and discovered that Mexican students had lower antifat attitudes, including less dislike of fat people and less concern about significant weight gain. The researchers concluded that American societal values prescribe antifat attitudes, and affect prejudice by escalating the assignment of negative traits concerning obesity and size. Indeed, American society may believe that obese people are abnormal; this belief may only add to fears of becoming fat, resulting in increases in disordered eating, low self-esteem, and depression (Breseman, Lennon, & Schulz, 1999).

This stigma of obesity may have a profound effect on how individuals perceive themselves in terms of their relative satisfaction with their body, in other words, their body image.

**Body Image**

*Definitions and descriptions of body image.*

Body image is an expression used early in the 20th century by neurologists “who observed that patients with various lesions in the central nervous system experienced their body (sic) as markedly changed and distorted” (Bruch, 1973, p.87). Schilder (1935/1950) defined body image as “the picture of our own body which we form in our mind, that is to say the way in which
the body appears to ourselves” (p. 87); he believed the term referred to physical as well as mental concepts. More recently, Slade (1988) defined body image as “the picture we have in our minds of the size, shape and form of our bodies; and to our feelings concerning these characteristics and our constituent body parts” (p. 20). His definition includes both the individual’s perceptions and attitudes toward the body. Grogan (1999) offered a definition of body image that relates more closely with current societal and cultural standards of ideal beauty in which she states that body image is “a person’s perceptions, thoughts and feelings about his or her body” (p. 1). Grogan adapted this definition from that used by Pruzinsky and Cash (1990), and prefers it more than any other because she claims that this definition includes all of Schilder’s precepts, such as perceptions of body size, thoughts about body attractiveness, and feelings toward the body shape and size, as well as its relevance to today’s perceptions of body image in which people perceive their body from more than one cultural aspect.

**Etiology and development of body image.**

The way in which children and adolescents develop a perception of their body and its context within a culture (e.g., acceptable body size and shape, or weight) may have bearing on their relative body satisfaction and self-esteem.

Lemche (1998) studied the development of body image from birth to three years old. He accepted that, while early body image development was an essential aspect of one’s psychological development, its development was more complex than simply observing infants or by reconstruction through psychoanalysis. Lemche established his position on body image development through the “maturational progression of the neurobiological substrata that underly the intrapsychic functioning” (p. 155). In other words, body image development is likely a series of phases that involve physical brain functions (congenital) and emotional/psychological functions (learned behaviors) as children mature during the first three years of their life. He stated that there existed four factors on the psychobiological level and four on the behavioral development level. When comparing data across these eight factors, the earliest phases of body image development become apparent. The four psychobiological levels described in Lemche’s data tables were, (1) Spontaneous motor functions in the neuromotor maturation process, (2) the
maturation of the somatotopic, multimodal, and affective processing capacities of the central nervous system, (3) the memory and psychic engram formation functions, and (4) state differentiation in EEG. These first four phases of body image development within the first three years of life concern the infant’s motor and brain functioning; the second set of four phases of body image development concern the infant's interactions with his/her image and interactions with others. These four phases described in the data tables were, (5) the development of self-recognition in the mirror test, (6) systems of body-related mother-child interaction, (7) ontogenetic sequence of the appearance of primary affect expressions, and (8) imagination and symbolic-cognitive representational capacity (Lemche, 1998). Lemche’s research was important toward understanding the possibility of body image development years before a child reaches puberty and because it examined both psychobiological as well as behavioral phenomenon.

Other authors present research on childhood or adolescence and entry into puberty as an important developmental step in determining one’s body image. According to Heinberg (1996), the numerous changes to the psychological and physical aspects of girls and boys when reaching puberty include how they begin to see their body. Not only do they become more aware of the changes taking place, but they may also begin to perceive their body in terms of cultural standards for ideal fitness and beauty. Heinberg (1996) ventured that girls who matured later (reaching menarche after age 14) tended toward a more positive body image compared to other girls who reached puberty sooner. It appeared that a delay in puberty coincided with a delay in the physical and emotional turmoil associated with maturation.

Lerner and Jovanovic (1990) discussed the concept of “developmental contextualism” and body image development with relationship to individual and social interactions. They devised this term to describe how the psychoanalytic theories of the body developed by Freud and Piaget led to the view of the body, not only as a corporeal organism, but also as a phenomenon of one’s emotions and knowledge. Lerner and Jovanovic (1990) maintained that these were essential for the development of how people perceive their body. According to “developmental contextualism,” the body is an integral, central aspect of one’s individuality. The authors believed that the body is influenced by social interaction and that it is a contributor to this social interaction as well.
One possible social interaction that may directly affect one’s body image development is teasing in childhood and adolescence. Rieves and Cash (1996) suggested at least three possible reasons for formation of negative body image development: social teasing, social comparison, and maternal modeling. Teasing during childhood and adolescence typically concerns body or appearance, social comparisons occur with others of better or worse bodily appearance, and maternal modeling influences children and adolescents who watch and learn how their mothers react and create their own appearances, through make up and other appearance management techniques. A study of five-year-old girls and family dieting behavior (Abramovitz & Birch, 2000) revealed that girls with dieting mothers were twice as likely as girls with non-dieting mothers to express ideas about dieting. While maternal modeling did not predict daughter’s dieting behaviors, the findings did illustrate that very young girls are often extremely aware of dieting, food restrictions, and weight loss concerns of their mothers. Ogle and Damhorst (2000) interviewed pairs of mothers and daughters regarding their dieting behaviors and discovered that, although there was little support for a maternal modeling effect among their sample, a possible peer modeling effect reinforced by verbal messages about dieting from their mothers was suggested. At least one seriously-dieting daughter in their interpretive study was motivated to diet by teasing from her peers. Teasing may provide the most obvious negative body image development because of the nature of the teasing itself and the teasing situations. For example, teasing typically concerns only negative aspects of the body or appearance, and teasing is generally conducted in highly social situations and under circumstances considered humiliating and denigrating to the teasing recipient.

Self-Esteem

*Definitions and descriptions of self-esteem.*

Self-esteem refers to the amount of value one has for oneself; one can have high or low self-esteem depending on the extent of value one has (Reber, 1985). Self-esteem also indicates a degree of satisfaction or dissatisfaction with oneself; Rosenberg (1979) stated, “self-esteem signifies a positive or negative orientation toward an object” (p. 54). A reference to high self-
esteem, for example, denotes self-worth or self-respect for oneself; low self-esteem, on the other hand, specifies a lack of self-respect, and feeling unworthy or inadequate (Rosenberg, 1979).

Self-esteem is often divided into “global” self-esteem and “specific” self-esteem: global self-esteem refers to the degree to which people like themselves as a whole, while specific self-esteem refers to the degree to which people like a specific part of themselves (Sanford & Donovan, 1984). One’s global self-esteem may be a combination of several dimensions, such as (1) Concept: dispositions, social identity elements, and physical characteristics; (2) Direction: positive or negative attitudes or high or low self-esteem; (3) Intensity: strength of feelings; (4) Salience: importance or consciousness of an attitude; (5) Consistency: contradictory self-attitudes; (6) Stability: stable versus shifting self-attitudes; (7) Clarity: unambiguous versus blurred self-attitudes; (8) Accuracy: true or false self-attitudes; and (9) Verifiability: perceptions may be difficult to assess (Rosenberg, 1979, p. 23). Global self-esteem is essentially equal to the sum of the parts, or, forms from the specific to the whole.

Obesity, body image, and self-esteem.

Research investigating body image and self-esteem reveals links with various characteristics, including appearance and weight among children, adolescents, and adults. A study by Stunkard and Mendelson (1967) used 74 randomly selected obese people visiting a general medical and psychiatric clinic, male and female, ranging in age from 18-70 (median was 43). They conducted one-hour interviews with each participant. The results of the interviews revealed, surprisingly, that age of onset of the body image disturbances was of great importance, and that these body image disturbances began selectively with those people who became obese during childhood or adolescence. Frequently, “subjects reported bitter adolescent experiences which had colored their whole later evaluation of their obesity” (p. 1298), suggesting that “it may make no difference whether the person be talented, wealthy, or intelligent; his weight is his overriding concern and he sees the world in terms of body weight” (Stunkard & Mendelson, 1967, p. 1299). However, not all research supports a relationship between low self-esteem and obesity; for example, a study of 210 obese and normal-weight boys and girls in grades 3-8 found no
effects for grade or sex, and no interactions among weight, grade, or sex (Wadden, Foster, Brownell, & Finley, 1984) on self esteem.

Breseman (1992) compared self-esteem and body image between White and Black women who all wore a Misses Size 14 dress or larger (sizes ranged from a Misses 14 to 32). All respondents were large-sized women, categorized for purposes of measurement into two groups by size and two groups by race. Group 1 consisted of the smallest of the large-sized women, and Group 2 consisted of the largest of the large-sized women; in other words, Group 1 women were smaller than Group 2 women for both ethnic groups. Results indicated that Group 2 White women (the largest of the large-sized) had overall lower body image and self-esteem scores than Group 1 White women (the smallest of the large-sized). However, Group 2 Black women tended toward higher self-esteem and higher body image than the Group 1 White women, although Group 1 Black women had higher scores on both measures than Group 2 Black women. Likewise, in a study comparing self-esteem and body image among several cultural groups (Korean, Singaporean, African-American, and Caucasian-American), results indicated that African-American college women possessed the highest self-esteem and appearance evaluation (body image) scores (Lennon, Rudd, Sloan, & Kim, 1999). Thomas (1989) also revealed positive correlations between self-esteem and body image satisfaction among African American urban women.

Kwon and Shim (1999) conducted a study to assess weight satisfaction and self-consciousness and discovered that weight satisfaction was negatively correlated with self-consciousness. They also found that weight satisfaction was inversely correlated with social anxiety, meaning that those respondents most dissatisfied with their weight, tended to be more self-conscious on public- and private-self-consciousness, as well as experiencing more social anxiety.

Lennon and Rudd (1994) discovered that, regarding appearance management behaviors, women with nontraditional attitudes toward gender roles reported higher self-esteem than women with traditional attitudes toward gender roles. The post hoc analyses revealed that body satisfaction and nontraditional gender role attitudes predicted high levels of self-esteem. The
likelihood of using painful appearance management procedures predicted low self-esteem. A more recent study by Rudd and Lennon (2000) on body image and appearance-management behaviors analyzed qualitative essays from 95 college women; the researchers discovered that nine themes emerged from the essays in which respondents were asked to address the following: “(1) assess overall body satisfaction, (2) reflect on physical appearance and appearance-management behaviors, and (3) discuss self-esteem," (p. 156). These nine themes included risky behaviors, social comparison, worldview, influence of others, coping mechanisms, frequent behaviors, social interaction, health concerns, and clothing use. Risky behaviors emerged as the most common theme, including disordered eating and other appearance-management behaviors considered as health risks. Respondents were also administered a quantitative body satisfaction measure; results from this indicated a nearly 50-50 overall body satisfaction rate. While respondents were moderately neutral on body satisfaction on the quantitative measure, much more discussion about body dissatisfaction, including specific body parts, and appearance-management strategies and techniques, occurred within the qualitative essays, indicating the depth of affective feeling about body image.

In a study of body dysmorphic disorder, depression, self-esteem, somatization (focus on the body), and obsessive-compulsive disorder, Biby (1998) discovered that a low body esteem score correlated directly/positively with a low self-esteem score. These variables were indirectly/negatively correlated with a high score on the scales for tendencies in obsessive-compulsive disorders, depression, and somatization, so that people with relatively low self-esteem and body esteem tended toward a greater incidence of obsessive-compulsiveness, depression, and preoccupation with their bodies. Wade and Cooper (1999) found that women tend to perceive attractiveness in terms of emotions and thinking related to their body, but that men did not associate their attractiveness or their self-esteem with their bodies, indicating that women internalize messages of ideal thinness to a greater degree than men do, while men tend to externalize their feelings about their bodies.

Self-esteem may play a direct role in influencing one’s social identity, with social stigma, and with social comparisons. Campbell (1990) noted that people with low self-esteem have more
ambiguous concepts of whom or what they are in terms of their character traits. Luhtanen and Crocker (1992) developed a collective self-esteem scale to assess individual levels of social identity formed from group membership, such as race, gender, religion, and socioeconomic status in an attempt to parallel Rosenberg’s (1965, 1979) Self-Esteem Scale, but to assess global collective self-esteem instead of global personal self-esteem. Results indicated that the Membership subscale (self-worth as an ingroup member) correlated highest with personal self-esteem as measured by Rosenberg (Luhtanen & Crocker, 1992), suggesting that self-esteem might be based on group identity as well as personal identity. Crocker and Major (1989), writing about self-esteem and stigma, suggested that members of stigmatized groups may be at risk for low self-esteem when comparing themselves to acceptable out-groups, so, to insulate themselves, they are likely to make comparisons with other stigmatized groups. The authors proposed three reasons for this phenomenon of sharing a common fate: a “proximity effect” in which the group maintains a more isolated context, a “similarity effect” in which the group attempts to create a true identity, and a “self-protective effect” in which the group attempts to evade distressing comparisons with accepted groups (p. 614). The authors write that any of these processes may help by allowing for in-group comparisons, thus lessening the outcome of painful out-group comparisons. Therefore, any of these processes can help stigmatized groups to defend their self-esteem.

Proneness to Hurt Feelings

A trend toward having hurt feelings may be present in women who have been teased about their appearance. Leary, Springer, Negel, Ansell, and Evans (1998) studied the phenomenon and discovered that the relative closeness of the participants was a factor in the intensity of hurt feelings resulting from criticism regarding social desirability and intelligence. Physical appearance was included as a variable, as was teasing, although both were of small significance. In 2001, Leary and Springer developed the Hurt Proneness Scale to assess tendencies toward having hurt feelings or how easily one is hurt, not how intensely they are hurt. These further investigations revealed that having hurt feelings was quite common, particularly among people who are sensitive to the opinions about themselves from others. Hurtful events fell
into the following categories: disassociation, criticism, betrayal, feeling unappreciated, and teasing. The authors concluded that people whose feelings are more easily hurt might also have a higher need for social acceptance and approval. Leary and Springer (2001) stated that the lower trait self-esteem people had, ("the degree to which people believe that they are valued and accepted by other people," p. 166), the more prone they were to having hurt feelings.

Barbez and Buysse (2004) conducted focus group interviews on the subject of hurt feelings. Using coded transcripts, they determined that three fundamental relationships existed: (1) how intense the hurt feelings were and the closeness of the relationship; (2) the perception of intention and the perpetrator’s behavior; and, (3) the perception of causality and the directness of the hurtful event. Their analyses suggested that the closer the hurt person was to the perpetrator, the more intense were the hurt feelings. Vangelisti and Crumley (1998) discovered a similar phenomenon in a study of how people react to hurtful messages based on the relationship with the perpetrator. One key finding was that participants tended to defend themselves when the relationship was satisfactory, while the degree of hurt and impact of the hurtful message tended to be less. Hurtful messages from family members had the greatest impact overall, regardless of satisfaction with the relationship. Vangelisti and Young (2000) examined the effects of the perception of intent of hurtful messages on relationships. They found that the greater the perception of intent to hurt, the greater the participant perceived a distancing effect on the relationship. Also, their results indicated that the less satisfying the initial relationship, the greater the tendency to perceive the messages as intentionally hurtful.

An investigation of hurt feelings and recently acquainted individuals tends to contradict the previously mentioned studies (Snapp & Leary, 2001). In this study participants were placed into one of two conditions: low or high degree of familiarity with a confederate. Hurt feelings of the participants were assessed following instances in which they were ignored (rejected) or were not ignored (accepted) by someone with whom they had a higher or lower degree of familiarity. Results indicated that hurt feelings were greater among the rejected participants when they had a lower degree of familiarity with the experimenter. Possible reasons for this discrepancy included perceptions by the participants that someone had made a quick judgment about them, that even
a short acquaintanceship might provide a more secure background for tolerating feelings of rejection, and that perhaps participants expected less acceptance from a higher familiarity situation because they had revealed more information about themselves.

In another study of reactions to acceptance or rejection, using differences in rejection sensitivity under four conditions over time (constant acceptance, increasing acceptance, increasing rejection, and constant rejection), the researchers found that rejection led to greater anger, sadness, and hurt feelings than acceptance. Overall, increasing rejection led to more negative reactions than constant rejection (Buckley, Winkel, & Leary, 2003).

In research on interpersonal relationships and face threat (i.e., threats to the face or social image that one puts on privately and publicly), Cupach and Carson (2002) examined hurt feelings from personal criticism. They asked respondents to rate the extent of damage and lingering damage to a relationship. From open-ended descriptions of the criticisms, three categories emerged: (1) dispositional complaints that typically involved a derogatory comment regarding a personality trait; (2) relational complaints that included comments about dissatisfaction with the relationship; and, (3) behavioral/physical appearance complaints that consisted of negative comments about specific behaviors, attitudes, and physical appearance. The findings indicated that dispositional complaints, especially those made in public, carried the most threat to one’s social image.

Accounts of teasing are often apparently perpetrated by those in close relationships, such as family, friends, schoolmates, and significant others; thus, hurt feelings may have a greater relationship to body image, self-esteem, and perceptions of teasing than indicated in some of the aforementioned studies. Physical appearance complaints did not necessarily take the form of teasing, and teasing may have had negligible significance. However, teasing directed at physical appearance (including weight and other appearance aspects) by people in close relationships may indicate a greater proneness to hurt feelings than non-teasing comments on appearance, especially when the teasing occurs in public.
Social Comparison Theory

Definitions and descriptions of social comparison theory.

Leon Festinger (1954) proposed a theory of Social Comparison Processes in which he suggested that people have a need to evaluate themselves, and that this evaluation process involves a comparison with others. This process takes place especially when people are uncertain about their own characteristics or when information about those characteristics is unavailable. Under these ambiguous circumstances, people will look to others for comparison (Thompson, Heinberg, Altabe, & Tantleff-Dunn, 1999). According to this theory, a person’s ambition will increase upon success with a task he or she expects to execute successfully, and will decrease with a failure to perform at the expected level of aspiration. Therefore, if a person idealizes the maintenance of a thin body size, failure to attain this level of aspiration of a thin body will result in feelings of inadequacy.

Prevalence and presence of social comparison theory.

Although body size may differ from person to person, most people are similar enough as human beings in many significant traits that they may make similar comparisons with others. When one realizes that some appearances are impossible or extremely difficult to attain, no comparison is logical. The person perceives that it is an insurmountable and unrealistic goal. However, when individuals perceive that change is possible, they attempt to adjust their standards to those of the people who are currently held in higher esteem. Therefore, if a person perceives that a thin body size is desirable, he or she may attempt to emulate that body size, believing that it is possible to achieve a thinner body if one only can control eating or if one can exercise diligently.

Richins (1991) suggested that humans have a need to compare themselves with others through their abilities, attitudes, and appearance. Derived from brainwashing studies of behavior changes within groups, social comparison concerns how people understand themselves. Richins' main points included the effect of pressure to conform in groups on the individual and how that pressure operates most obviously in ambiguous (vague) or new situations. If a person has a range of others to compare to, she will compare with someone who is closest in appearance to
herself. If the person to whom she compares herself (comparison target) is perceived as better than her, the result is an upward comparison; conversely, when she compares to someone perceived as worse as or less desirable than she is, this generally results in a downward comparison. An upward comparison typically makes one feel bad about herself/himself because the comparison is to someone perceived as superior in some way, whereas a downward comparison results in feeling good about oneself because the comparison is with someone perceived as inferior in some way (Morse & Gergen, 1970). Sloan (1995) used this theory to examine comparisons of body image and ideal beauty between two groups of African-American women attending either a predominately Caucasian Midwestern university, referred to as “Anglo University,” (n = 86) or a predominately African-American Midwestern university, referred to as “Afro University,” (n = 87); subjects were volunteers. Results indicated that the African-American women attending the “Anglo University” held ideals of beauty closer to the standards of Euro-Americans than the African-American women attending the “Afro University”; however, overall, African-American women from both university cultures revealed little concern over comparisons with their Caucasian peers.

Rudd and Lennon (1994) proposed a model of effects of social comparison on construction and evaluation of appearance that purports people actively create their appearances in response to a cultural ideal. The model builds on the DeLong (1987) and Hillestad (1980) models in which the focus is on the body as the major component of appearance. The Rudd and Lennon model focuses on the aesthetics of the body. The theoretical foundation for the model, in addition to building on DeLong and Hillestad’s models, is social identity theory developed by Henri Tajfel (1979). Social identity theory derives from both categorization theory and social comparison theory (Rudd & Lennon, 1994). The model uses the process of social comparison in which individuals continually assess personal aesthetic value of others and themselves. If the evaluation of self is close to the culturally determined ideal, self-esteem tends to increase. Attractiveness is a cultural category, meaning that a particular culture or society defines the acceptable characteristics of what is attractive and may use this to categorize individuals or groups. Social comparisons regarding physical appearance are expected from everyone as well.
as people who may be unsure of how they equate with others. People tend to evaluate themselves in relation to others.

People cycle through a process of creating and changing an identity for themselves. They create the new identity according to some cultural standard and then assess how successfully they have compared to the norm (Goffman, 1963). Someone who has difficulty in maintaining an identity norm or in comparing favorably with cultural standards of ideal beauty or attractiveness will naturally tend to drift away from the culture (Goffman, 1963). Of course, one may engage in appearance management techniques or strategies to try and attain the cultural norm or standard. Conceivably, one may envy those who are thinner than him or her and may hold resentment for those who are fatter (Stunkard & Mendelson, 1967), partly because they fear being categorized into a group that does not compare favorably with the cultural standards of thinness. How individuals cope with these perceptions and the steps they take to adjust to their identity norm or their appearance involves an evaluation of the person in relation to the cultural norms of his or her society.

How the process of social comparison with others is reflected in the cultural ideal of thinness helps to form a basis for this current study on the effects of teasing. Those women responding to this study may have established their identity in relation to the cultural norms of thinness, and, thus, their answers to the questionnaire could reflect how they perceive teasing about their appearance and/or their weight. They may likely provide information about how they dealt with the teasing. Their responses may indicate how their body image, self-esteem, and perceptions of teasing compare with each other as regards obese and non-obese adult females. Non-obese respondents may feel closer to the ideals of thinness in our culture, while obese respondents may feel further from the ideal and may have lower levels of body image satisfaction or self-esteem in relation to the level of teasing about their weight.
CHAPTER 3

Methodology

The various methods used in this study explored the impact of weight-related teasing on adult females throughout their childhood and adolescence, as well as adulthood. These methods also explored how teasing is related to body image and self-esteem, and if a proneness to hurt feelings contributed to perceptions of teasing. In addition, other methods examined whether or not weight-related teasing had a greater impact on these variables than other types of appearance- or non-weight-related teasing. The main topics explored, using both quantitative (hypotheses and research questions) and qualitative methods (open-ended questions), were (1) relationships between perceptions of teasing, body image, self-esteem, and proneness to hurt feelings, (2) weight categories (underweight, average, overweight, obese, and morbidly obese) and relationship to body image, self-esteem, and proneness to hurt feelings, and perceptions of teasing about weight during childhood/adolescence and adulthood, (3) differences in types of appearance teasing aspects, and the frequency and effect of teasing aspects, (4) teasing experiences and feelings, including types, frequency, life stage, who did the teasing, and reactions to the teasing at the time it occurred, and, (5) behaviors or coping strategies used to counteract or cope with teasing experiences.

Data Collection

Two thousand respondents were mailed an eight-page questionnaire (four 8 ½ x 11 inch sheets folded in half) and a self-addressed, stamped return envelope. The respondents consisted of one thousand names of women’s large-sized apparel catalogue shoppers (Mailing List 1) and one thousand names of women’s average-sized apparel catalogue shoppers (Mailing List 2),
selected at random from across the fifty United States by Direct Media, a marketing survey and
demographic data mailing list brokerage service.

Demographic information included age, gender, ethnicity, current weight,
current height, desired weight, perceptions of body size in childhood and adolescence. Gender
was not included in any analyses because only female responses were chosen for the study.

Total responses received from the 2,000 mailed surveys were 591. Usable
questionnaires totaled 559; unusable, discarded questionnaires consisted of twenty-one returned
as undeliverable, five returned blank with an indication of refusal to respond, three returned blank
with no explanation, two returned with “Male” indicated as the respondent’s gender, and one
envelope containing a request not to share any information, but with no questionnaire enclosed.
A return rate of 27.9% (N = 559/2000) was obtained for the usable questionnaires from the initial
mailing; no follow-up mailings were made due to time and cost constraints. Appendix A contains
information on mailings and return rates for usable questionnaires per state.

Quantitative Instruments

1. Multidimensional Body Self-Relations Questionnaire (MBSRQ), Cash
(1994). The MBSRQ attempts to measure one’s perception of several aspects of his or her body
image. It contains ten subscales; however, only two of those (Appearance Evaluation and
Appearance Orientation) were used in this research to represent body image. The two subscales
were analyzed together and separately. A description of each subscale follows:

• Appearance Evaluation (Reliability = .88) Cash (1994). Appearance
Evaluation measures how people feel about their looks, satisfied or dissatisfied. High scorers
generally have positive feelings and low scorers tend to feel negative or dissatisfied with their
appearance (Brown, Cash, & Milkulka, 1990).

The seven Appearance Evaluation items were: “(1) My body is sexually
appealing; (2) I like my looks just the way they are; (3) Most people would consider me good-
looking; (4) I like the way I look without my clothes; (5) I like the way my clothes fit me; (6) I dislike
my physique; and, (7) I am physically unattractive.” Each of the seven items was scored on a 5-
point scale of (1) Disagree Strongly to (5) Agree Strongly. Scores were summed for a total Appearance Evaluation score.

- Appearance Orientation (Reliability = .85) Cash (1994). Appearance Orientation measures how much one is invested in his or her appearance. A high score indicates people who feel their appearance is important and use various methods to achieve a good appearance; low scores indicate people who tend not to care much about their appearance and do not invest much time or effort in maintaining a good appearance (Brown, Cash, & Milkulka, 1990).

The twelve Appearance Orientation items were: “(1) Before going out in public, I always notice how I look; (2) I am careful to buy clothes that will make me look my best; (3) I check my appearance in a mirror whenever I can; (4) Before going out, I usually spend a lot of time getting ready; (5) It is important that I always look good; (6) I am self-conscious if my grooming isn’t right; (7) I take special care with my hair grooming; (8) I am always trying to improve my physical appearance; (9) I usually wear whatever is handy without caring how it looks; (10) I don’t care what people think about my appearance; (11) I never think about my appearance; and, (12) I use very few grooming products.”

Each of the 12 items was scored on a 5-point scale of (1) Disagree Strongly to (5) Agree Strongly. Scores were summed for a total Appearance Orientation score. Scores from the Appearance Evaluation and Appearance Orientation scales were then added to create a total Body Image score.

- Appearance scales to assess body image were included in this study to examine respondents’ scores regarding their appraisal of how they felt about their appearance and how important it was to them. These scales were necessary for this study because adult females who placed into Body Mass Index categories above normal weight and who rated high on appearance importance might have been more prone than those women not teased or teased about things beside their weight or size to the long-lasting effects of teasing related to their appearance.
2. Rosenberg’s Self-Esteem Scale, Rosenberg (1965, 1979). Rosenberg’s Self-Esteem Scale contains a 10-item scale. The original scale contained 10 items rated on a forced-choice scale from (1) Strongly Disagree, (2) Disagree, (3) Agree, to (4) Strongly Agree; however, in this study, as in others (Lee, 1998; Lennon & Rudd, 1994), the scale was adapted to include a Neutral choice between Agree and Disagree to give respondents the option to rate an item as such when they cannot make a determination of agreement or disagreement; therefore, responses included (1) Strongly Disagree, (2) Disagree, (3) Neutral, (4) Agree, or (5) Strongly Agree, and scores are summed for a possible range of scores from 10 to 50.

The ten items included: “(1) On the whole, I am satisfied with myself; (2) At times, I think I am no good at all; (3) I feel that I have a number of good qualities; (4) I am able to do things as well as most other people; (5) I feel I do not have much to be proud of; (6) I certainly feel useless at times; (7) I feel that I’m a person of worth, at least on an equal plane with others; (8) I wish I could have more respect for myself; (9) All in all, I am inclined to feel that I am a failure; and, (10) I take a positive attitude toward myself.” Five of the ten items were worded negatively (2, 5, 6, 8, and 9); these were reversed scored for consistency of agreement/disagreement. Rosenberg (1979) reported test-retest reliabilities of the original scoring ranging from .85 to .88. Self-esteem of respondents was important to this study to assess obese adult female’s sense of self-worth.

3. Perceptions of Teasing Scale (POTS), Thompson, Cattarin, Fowler, and Fisher (1995). This scale evaluates one’s teasing history regarding his/her physical appearance. Reliabilities are .94 for general weight and .78 for competency (Thompson, Cattarin, Fowler, and Fisher, 1995). Thompson, Fabian, Moulton, Dunn, and Altabe (1991) derived the measure from the original Physical Appearance Related Teasing Scale (PARTS) developed earlier (Thompson, Fabian, Moulton, Dunn, & Altabe, 1991).

The Perceptions of Teasing Scale (POTS) contains 11 items (Weight Teasing subscale includes items 1-6; Competency Teasing subscale includes items 7-11). Each item is divided into a specific question and a “sub-item” that asks, “How upset were you?” Responses on the primary questions include Never, Sometimes, or Very Often; the sub-items include responses of Not
Upset, Somewhat Upset, or Very Upset. Each of the 11 primary items and each of the 11 sub-items include numbering choices from 1-5; lowest number equals Never or Not Upset choices. The six primary items of the Weight Teasing subscale were: “(1) People made fun of you because you were heavy; (2) People made jokes about you being too heavy; (3) People laughed at you for trying out for sports because you were heavy; (4) People called you names like ‘fatso’; (5) People pointed at you because you were overweight; and, (6) People snickered about your heaviness when you walked into a room alone.” Scores were summed and a mean score resulted for Weight-Teasing Frequency and Weight-Teasing Effect separately; separate scores resulted for Childhood/Adolescence and Adulthood, for a total of four mean scores overall.

For this study, only the Weight Teasing scores were included in the analyses because competency was not a primary focus of the research. In the mailed survey, however, the Competency Teasing items were included to maintain the integrity of the instrument. The five Competency Teasing subscales can be seen in Appendix F: Questionnaire.

This scale was further adapted by dividing it into two categories of responses for each of the 22 items: Adult females were asked to answer two sets of the same scale for Childhood/Adolescence teasing and for Adulthood teasing. These two categories were determined from a text on adolescence by Santrock (1996) in which childhood is generally classified as ages 6-12 and adolescence as ages 13-17. Adulthood, then, is any age 18 years or older. Childhood and Adolescence were combined into the category of Childhood for the Perceptions of Teasing section of the questionnaire because respondents may not have recognized the delineations of age; they may simply have thought of their past in terms of “my childhood” as one era and not as separate stages. The subscales of the Perceptions of Teasing scale are as follows:

- Weight Teasing-Frequency (WT-F)
- Weight Teasing-Effect (WT-E)
- Competency Teasing-Frequency (CT-F) (Not used in the analysis).
- Competency Teasing-Effect (CT-E) (Not used in the analysis).
4. Hurt-Proneness Scale (Reliability = .80) (Leary & Springer, 2001). This scale is a “measure of the frequency with which people’s feelings are hurt and not the degree to which they feel hurt by hurtful events” (Leary & Springer, 2001, p. 165). Thus, the scale attempts to assess the ease with which people are hurt. The six test items include, “(1) My feelings are easily hurt, (2) I am a sensitive person, (3) I am ‘thick-skinned,’ (4) I take criticism well, (5) Being teased hurts my feelings, and (6) I rarely feel hurt by what other people say or do to me” (Leary & Springer, 2001, p. 165.) Items are scored on a five-point scale with choices of 5 = extremely characteristic of me, 4 = very, 3 = moderately, 2 = slightly, and 1 = not at all. Items 3, 4, and 6 were reversed-scored so that all six items were in agreement. The responses were then summed for a total score (Leary & Springer, 2001).

Although not mentioned in the literature reviewed for these scales, the validity of each of these instruments is assumed to be sound. Since they are widely used, it is assumed that each scale measures what it is intended to measure.

Research Questions

The methods used to examine the research questions included two sections of lists on the questionnaire, one for childhood/adolescence and the other for adulthood, in which respondents were asked to put a mark next to an appearance item about which they had been teased. Respondents were allowed to add other teasing items not included in the lists. Respondents could also indicate that they had not been teased. These lists were analyzed descriptively. The appearance aspect lists were included to explore whether or not weight-related teasing was more prevalent than other types of appearance-related teasing (non-weight-related teasing) during childhood/adolescence and as adults. The research questions were as follows:

Research Question 1 (RQ1): Of those respondents reporting appearance-related teasing, which aspects of appearance will respondents single out to report?

Research Question 2 (RQ2): Which aspects of appearance-related teasing were respondents teased about more frequently?
Research Question 3 (RQ3): What will be the difference in reported teasing about appearance aspects and their frequency between Childhood/Adolescence and Adulthood?

Open-Ended Questions

The open-ended questions were quantified only to the extent that recurring themes throughout the total of the usable responses were noted and recorded by the researcher. These narratives were intended to provide a more personal and in-depth accounting of actual teasing incidents as experienced by respondents in this sample surveyed. They were included in this study to aid in understanding the findings of the quantitative measures to assess levels of body image, self-esteem, proneness to hurt feelings, and perceptions of teasing.

The overall goal of this study was to investigate whether teasing related to appearance would indicate lower levels of body image and self-esteem, and, further, whether teasing based on weight-related appearance would have an even greater relationship with body image and self-esteem. Comparisons among females of widely varying relative body size could also provide insight into how the variables are related. Responses that described greater occurrence of weight--related teasing as well as the teasing narratives had the potential to enhance understanding of quantitative findings and to trigger inspiration for further research projects.
CHAPTER 4

Analysis of Results

The results are divided into four parts: descriptive analyses of demographic items, inferential statistical analyses of quantitative measures, descriptive analyses of research questions, and thematic analysis of open-ended responses. Descriptive analyses of demographic items included mailing list information and respondent characteristics, such as age, ethnicity, current weight and height, desired weight, and body mass index (calculated from weight and height); descriptive statistics are given for these variables. The criteria for categorizations of Body Mass Index (BMI) are defined and described below. Inferential statistical data were analyzed using Pearson correlations to examine relationships between variables and multiple analyses of variance (MANOVA) to explore differences in means between variables. The a priori alpha level for accepting all hypotheses was set at .01 for inferential data. Body Mass Index category was the independent variable; dependent variables included Perceptions of Teasing scores, Body Image scores, Self-Esteem scores, and Hurt Proneness scores. The three research questions were analyzed using frequency of occurrence and by percentages.

Open-ended data were collected by means of three, multipart open-ended questions included on the last page of the questionnaire. These included respondent’s feelings and description about a specific teasing incident, teasing attribute, who teased her, what her reactions were at the time of the incident, how she coped with the incident, and whether or not she had adopted any coping strategies as a result of teasing. Open-ended questions revealed a variety of coping strategies, either relatively negative (e.g., crying, anger) or positive (e.g., laughing, ignoring). Open-ended data (responses from the open-ended questions) were analyzed as
thematic categories. Thus, several readings of the open-ended responses revealed recurring themes, and an overall assessment of the responses is discussed below. Examples of some responses are also reported.

**Part One: Results of Descriptive Analyses of Demographic Items**

**Age.**

The mean age of respondents was 46.59 years old, with a range from 18 to 86 years old (N = 543). Eight and a half percent of respondents were 18 to 25 years old (N = 46); 19.2% of respondents were 26 to 35 years old (N = 104); 20.6% of respondents were 36 to 45 years old (N = 112); 21.2% of respondents were 46 to 55 years old (N = 115); 19.3% of respondents were 56 to 65 years old (N = 105); 10.3% of respondents were 66 to 75 years old (N = 56); and 0.9% of respondents were 76 years or older (N = 5). See Table 1.

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Ages</th>
<th>Frequency</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
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<td>18-25 Years</td>
<td>46</td>
<td>8.5</td>
</tr>
<tr>
<td>2</td>
<td>26-35 Years</td>
<td>104</td>
<td>19.2</td>
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<tr>
<td>3</td>
<td>36-45 Years</td>
<td>112</td>
<td>20.6</td>
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<tr>
<td>4</td>
<td>46-55 Years</td>
<td>115</td>
<td>21.2</td>
</tr>
<tr>
<td>5</td>
<td>56-65 Years</td>
<td>105</td>
<td>19.3</td>
</tr>
<tr>
<td>6</td>
<td>66-75 Years</td>
<td>56</td>
<td>10.3</td>
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<tr>
<td>7</td>
<td>76 Years or more</td>
<td>5</td>
<td>0.9</td>
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<tr>
<td>Total</td>
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<td>542</td>
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<tr>
<td>Missing System</td>
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<td>16</td>
<td>2.9</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>559</td>
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</tr>
</tbody>
</table>

Table 1) Age Frequency and Percentages

**Ethnicity.**

Ethnicities for respondents were 7.0% African-American (N = 38), 84.1% Caucasian American (N = 456), 1.7% Hispanic American (N = 9), 3.5% Asian American (N = 19), 1.5% Native American (N = 8), and 2.2% Other (N = 12); there were 542 responses to the Ethnicity section (see Table 2). Since this sample was overwhelmingly Caucasian American, no comparisons of variables were made by ethnicity; for this research, ethnicity was not considered as relevant as Body Mass Index category as a variable.
<table>
<thead>
<tr>
<th>Ethnic Group</th>
<th>Frequency</th>
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<td>3.0</td>
</tr>
<tr>
<td>Total</td>
<td>559</td>
<td>100.0</td>
</tr>
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</table>

Table 2) Ethnicity Frequencies and Percentages

*Current weights.*

Current weights in pounds ranged from 84 lbs. to 500 lbs., with a mean of 180.21 pounds; current weights in kilograms ranged from 38.2 kg. to 227.3 kg., with a mean of 81.92 kilograms (N = 547). See Table 3 for Current Weight Categories.

<table>
<thead>
<tr>
<th>Category and Current Weight in Pounds</th>
<th>Frequency (N = 547)</th>
<th>Valid Percent</th>
<th>Total Number Per 100 Lb.</th>
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<tbody>
<tr>
<td>1 Under 100 lbs.</td>
<td>5</td>
<td>0.9</td>
<td>5 (Under 100 lbs)</td>
</tr>
<tr>
<td>2 100 lbs. – 124 lbs.</td>
<td>47</td>
<td>8.6</td>
<td>369 (100-199 lbs)</td>
</tr>
<tr>
<td>3 125 lbs. – 149 lbs.</td>
<td>97</td>
<td>17.8</td>
<td>67.4%</td>
</tr>
<tr>
<td>4 150 lbs. – 199 lbs.</td>
<td>225</td>
<td>41.0</td>
<td></td>
</tr>
<tr>
<td>5 200 lbs. – 224 lbs.</td>
<td>81</td>
<td>14.8</td>
<td>159 (200-299 lbs)</td>
</tr>
<tr>
<td>6 225 lbs. – 249 lbs.</td>
<td>43</td>
<td>7.9</td>
<td>29.1%</td>
</tr>
<tr>
<td>7 250 lbs. – 299 lbs.</td>
<td>35</td>
<td>6.4</td>
<td></td>
</tr>
<tr>
<td>8 300 lbs. – 349 lbs.</td>
<td>11</td>
<td>2.0</td>
<td>12 (300-399 lbs)</td>
</tr>
<tr>
<td>9 350 lbs. – 399 lbs.</td>
<td>1</td>
<td>0.2</td>
<td>2.2%</td>
</tr>
<tr>
<td>10 Greater than 400 lbs.</td>
<td>2</td>
<td>0.4</td>
<td>2 (Greater than 400 lbs)</td>
</tr>
<tr>
<td>Total</td>
<td>547</td>
<td>97.8</td>
<td></td>
</tr>
<tr>
<td>Missing System</td>
<td>12</td>
<td>2.2</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>559</td>
<td>100.0</td>
<td></td>
</tr>
</tbody>
</table>

Table 3) Current Weight Categories, Frequencies, and Percentages
Nearly one percent (0.9%) of respondents (N = 5) reported current weights as below 100 pounds (Category 1). Those who reported weighing between 100 and 199 pounds (Categories 2, 3, and 4) equaled 67.4 percent (N = 369). Respondents in Categories 5, 6, and 7 weighed 200 to 299 pounds, equal to 29.1 percent (N = 159), and, those reporting weights over 300 pounds (Categories 8, 9, and 10) amounted to 2.6 percent (N = 14). Therefore, approximately two-thirds (68.1%) of respondents (N = 374) weighed less than 200 pounds, while approximately one-third (31.7%) of respondents (N = 173) weighed over 200 pounds, regardless of height.

*Current heights.*

Current heights in total inches ranged from 56 inches (4’ 8”) to 75 inches (6’ 3”), with a mean of 65.20 (5’ 5.2”) inches; current heights in meters ranged from 14.2 meters to 19.1 meters, with a mean of 16.56 meters (N = 545). See Table 4 for Current Heights.

<table>
<thead>
<tr>
<th>Category and Current Heights in Inches (Feet/Inches)</th>
<th>Frequency (N = 545)</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 59” (4’11”) or Less</td>
<td>7</td>
<td>1.3</td>
</tr>
<tr>
<td>2 60” – 61” (5’0”-5’1”)</td>
<td>38</td>
<td>7.0</td>
</tr>
<tr>
<td>3 62” – 63” (5’2”-5’3”)</td>
<td>107</td>
<td>19.6</td>
</tr>
<tr>
<td>4 64” – 65” (5’4”-5’5”)</td>
<td>156</td>
<td>28.6</td>
</tr>
<tr>
<td>5 66” – 67” (5’6”-5’7”)</td>
<td>132</td>
<td>24.2</td>
</tr>
<tr>
<td>6 68” – 69” (5’8”-5’9”)</td>
<td>69</td>
<td>12.7</td>
</tr>
<tr>
<td>7 70” – 71” (5’10”-5’11”)</td>
<td>27</td>
<td>5.0</td>
</tr>
<tr>
<td>8 72” (6’0”) or More</td>
<td>9</td>
<td>1.7</td>
</tr>
<tr>
<td>Total</td>
<td>545</td>
<td>97.5</td>
</tr>
<tr>
<td>Missing System</td>
<td>14</td>
<td>2.5</td>
</tr>
<tr>
<td>Total</td>
<td>559</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Table 4) Current Height Categories, Frequencies, and Percentages
Desired weights.

Desired weights in pounds ranged from 84 lbs. to 230 lbs., with a mean of 140.69 (N = 533). Desired weights in kilograms were not calculated because this conversion was not necessary to determine Body Mass Index. See Table 5 for Desired Weight Categories. In addition, see Table 6 for a comparison of Current Weights and Heights, and Desired Weights. It is interesting to note that these respondents, on average, indicated a desire to weight 40 pounds less than their actual current weight. The mean for current weight was 180.25 pounds (S.D. = 49.70) and the mean for desired weight was 140.73 (S.D. = 20.01).

<table>
<thead>
<tr>
<th>Category and Desired Weights in Pounds</th>
<th>Frequency (N = 528)</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 109 pounds or less</td>
<td>12</td>
<td>2.3</td>
</tr>
<tr>
<td>2 110 – 119 pounds</td>
<td>41</td>
<td>7.7</td>
</tr>
<tr>
<td>3 120 – 129 pounds</td>
<td>87</td>
<td>16.3</td>
</tr>
<tr>
<td>4 130 – 139 pounds</td>
<td>108</td>
<td>20.3</td>
</tr>
<tr>
<td>5 140 – 149 pounds</td>
<td>95</td>
<td>17.8</td>
</tr>
<tr>
<td>6 150 – 164 pounds</td>
<td>128</td>
<td>24.0</td>
</tr>
<tr>
<td>7 165 – 179 pounds</td>
<td>33</td>
<td>6.2</td>
</tr>
<tr>
<td>8 180 – 199 pounds</td>
<td>22</td>
<td>4.1</td>
</tr>
<tr>
<td>9 200 pounds or more</td>
<td>7</td>
<td>1.3</td>
</tr>
<tr>
<td>Total</td>
<td>533</td>
<td>95.3</td>
</tr>
<tr>
<td>Missing System</td>
<td>26</td>
<td>4.7</td>
</tr>
<tr>
<td>Total</td>
<td>559</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Table 5) Desired Weight Categories, Frequencies, and Percentages
Table 6) Demographics: Age, Current Weight, Current Height, and Desired Weight

<table>
<thead>
<tr>
<th>Demographic</th>
<th>Minimum</th>
<th>Maximum</th>
<th>Mean</th>
<th>S. D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (yrs) N = 542</td>
<td>18</td>
<td>86</td>
<td>46.56</td>
<td>14.89</td>
</tr>
<tr>
<td>Current Weight (lbs) N = 547</td>
<td>84</td>
<td>500</td>
<td>180.25</td>
<td>49.70</td>
</tr>
<tr>
<td>Current Height (in) N = 544</td>
<td>56</td>
<td>75</td>
<td>65.20</td>
<td>2.80</td>
</tr>
<tr>
<td>Desired Weight (lbs) N = 532</td>
<td>84</td>
<td>230</td>
<td>140.73</td>
<td>20.01</td>
</tr>
</tbody>
</table>

Body mass index (BMI).

Body Mass Index (BMI) is widely used as an index of weight in classifying individuals by body size. It is calculated by converting weight in pounds into kilograms and height in inches into meters. Heights and weights requested in inches and pounds were converted to the metric equivalents. The weight to height ratio was derived by dividing kilograms by meters squared (Benotti & Forse, 1995; Garrow & Webster, 1985). Five categories emerged from this sample (see Table 7). Respondents were assigned to one of the five categories based on their calculated Body Mass Index (BMI): underweight, normal weight, overweight, obese, and morbidly obese. BMI calculations of less than 20 kg/m² placed respondents into the underweight category; and a BMI of 20 kg/m² but less than 25 kg/m² equaled the normal weight category. Respondents with a BMI of 25 kg/m² but less than 30 kg/m² were categorized as overweight; those with a BMI of 30 kg/m² but less than 40 kg/m² were placed in the obese category; and respondents with a calculated BMI of greater than 40 kg/m² were categorized as morbidly obese. The category of BMI with the most respondents was the Obese group. Overall, approximately 30% of respondents were underweight or normal weight (BMI categories 1 and 2, respectively); and, approximately 70% of respondents were overweight, obese, or morbidly obese (BMI categories 3, 4, and 5, respectively).
The five Body Mass Index categories were cross tabulated with Mailing Lists 1 and 2 (See Appendix A for Mailing List Response Rate by State). Results of this examination revealed that, of the Obese (BMI Category 4), 76.3% (n = 142) of respondents were from Mailing List 1 (large size clothing catalogue shoppers), 23.7% (n = 44) were from Mailing List 2 (average size clothing catalogue shoppers), and that this was the largest category overall (34.2%, n = 186/544). The Obese BMI 4 category was the largest group of Mailing List 1 (43.4%, n = 142/327), while the Overweight BMI 3 category was the largest group of Mailing List 2 (34.6%, n = 75/217). The Overweight BMI 3 category was the second largest group of Mailing List 1 with 20.5% (n = 67/327) of the total. Only the Obese (BMI 4) and Morbidly Obese (BMI 5) groups had more respondents in Mailing List 1 than Mailing List 2. The Underweight (BMI 1), Normal Weight (BMI 2), and Overweight (BMI 3) groups each had more respondents from Mailing List 2 than Mailing List 1. See Table 8 below for results of frequencies in each category. One possible reason for this is that many women's apparel catalogues feature clothing in sizes falling into both average and larger sizes. For instance, a Misses Size 14 is often sold in average-sized apparel catalogues, as well as in large-sized apparel catalogues.
### Table 8) Mailing List by BMI Category Frequencies

<table>
<thead>
<tr>
<th>Mailing List</th>
<th>BMI Category</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Underweight (&lt; 20 kg/m²)</td>
<td>Normal Weight (20 - &lt; 25 kg/m²)</td>
<td>Overweight (25 - &lt; 30 kg/m²)</td>
<td>Obese (30 - &lt; 40 kg/m²)</td>
<td>Morbidly Obese (Greater than 40 kg/m²)</td>
<td>Total</td>
<td></td>
</tr>
<tr>
<td>(1) Large-sized women’s apparel catalogue shoppers</td>
<td>16</td>
<td>59</td>
<td>67</td>
<td>142</td>
<td>43</td>
<td>327</td>
<td></td>
</tr>
<tr>
<td>(2) Average-sized women’s apparel catalogue shoppers</td>
<td>21</td>
<td>67</td>
<td>75</td>
<td>44</td>
<td>10</td>
<td>217</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>37</td>
<td>126</td>
<td>142</td>
<td>186</td>
<td>53</td>
<td>544</td>
<td></td>
</tr>
</tbody>
</table>

### Part Two: Results of Inferential Statistical Analyses of Quantitative Measures

This second section of the Analysis of Results includes the inferential statistical analyses on each hypothesis. Davis’ (1971) custom for describing values of correlational associations was used as follows: Coefficients Q of .70 or higher = Very Strong Relationship; .50 - .69 = Substantial Relationship; .30 - .49 = Moderate Relationship; .10 - .29 = Low Relationship; and coefficients from .01 - .09 = Negligible Relationship (p. 49). These relationships refer to significant p-values only, and can refer to either a positive or negative relationship.

**Body image.**

Of the 550 responses to the body image scale (Appearance Evaluation and Appearance Orientation), respondents scored a total mean of 62.54 (S.D. = 9.63), an additive mean of the two subscales. The minimum score was 34 and the maximum score was 89, out of a possible score range of 19 to 95. An additive mean of 62.54 indicates overall scores slightly above the midpoint
of the scale of 57 points. This suggests a moderately high overall body image among respondents.

The body image scale is comprised of two subscales – the Appearance Evaluation and Appearance Orientation scales. An examination of these subscales separately indicated an Appearance Evaluation mean of 19.63 (N = 550, S.D. = 5.51) out of a possible score range from 7 to 35. This indicates that respondents did not evaluate themselves very positively (i.e., less than neutral). For this sample, the minimum score was seven and the maximum score was 35. Examination of the Appearance Orientation scale indicated a mean of 42.93 (N = 556, S.D. = 7.85) out of a possible score range of from 12 to 60. For this sample, the minimum score was 15 and the maximum score was 60. This indicates the overall importance of appearance was between “neutral” and “important,” slightly above the midpoint of 36 on the scale. These results are found in Table 9.

<table>
<thead>
<tr>
<th>Body Image Scale</th>
<th>Means</th>
<th>Standard Deviations</th>
<th>Minimum Score</th>
<th>Maximum Score</th>
<th>Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance Evaluation (AE)</td>
<td>19.63</td>
<td>5.51</td>
<td>7</td>
<td>35</td>
<td>7-35</td>
</tr>
<tr>
<td>Appearance Orientation (AO)</td>
<td>42.93</td>
<td>7.85</td>
<td>15</td>
<td>60</td>
<td>12-60</td>
</tr>
<tr>
<td>Body Image Overall (AE + AO)</td>
<td>62.54</td>
<td>9.63</td>
<td>34</td>
<td>89</td>
<td>19-95</td>
</tr>
</tbody>
</table>

Table 9) Body Image: Appearance Evaluation, Appearance Orientation, and Body Image Overall

Results of the body image measurement indicated that respondents were overall more concerned with evaluation of their appearance (i.e., more negative ratings on Appearance Evaluation) than with the orientation of their appearance.

Self-esteem.

Of the 553 responses to the self-esteem scale, respondents scored a mean of 37.90 (S.D. = 7.23). The minimum score was 11 and the maximum score was 50, out of a possible score range of 10 to 50. A mean of 37.90 indicates overall scores above the midpoint of the
scale of 30 points. This suggests a relatively high overall self-esteem among respondents. Examination of the minimum and maximum scores on the self-esteem scale revealed a difference between the underweight category and the other weight categories. The underweight minimum score was 21, with a maximum of 48; the minimum and maximum scores for normal weight and for overweight were 14 – 50, for obese the minimum was 11 and the maximum was 50, and for morbidly obese the minimum was 14 and the maximum was 49. Self-esteem scores for underweight females in this sample started at a much higher minimum than for any of the other groups, but had a maximum just slightly lower than all other groups.

*Hurt Proneness.*

Of the 553 responses to the Hurt-Proneness scale, respondents scored a mean of 16.07 (S.D. = 4.04). The minimum score was 6 and the maximum score was 28, out of a possible score range of 6 to 30. A mean of 16.07 indicates overall scores slightly above the midpoint of the scale of 18 points. The higher the score in this scale, the higher is the proneness or tendency to have hurt feelings.

*Perceptions of teasing.*

The means and standard deviations (N = 552) for the four scales were:

Weight Teasing-Frequency Childhood/Adolescence (WT-FCA): (9.57, 6.07); Weight Teasing-Effect Childhood/Adolescence (WT-ECA): (1.71, 1.18; Weight Teasing-Frequency Adulthood (WT-FA): (9.32, 5.04); and Weight Teasing-Effect Adulthood (WT-EA): (1.67, 1.02). Means for Frequency differ from means for Effect due to scoring method.

<table>
<thead>
<tr>
<th>Perceptions of Teasing Subscales</th>
<th>Means</th>
<th>Standard Deviations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight-Teasing Frequency Childhood/Adolescence (WT-FCA)</td>
<td>9.57</td>
<td>6.06</td>
</tr>
<tr>
<td>Weight-Teasing Effect Childhood/Adolescence (WT-ECA)</td>
<td>1.60</td>
<td>1.01</td>
</tr>
<tr>
<td>Weight-Teasing Frequency Adulthood (WT-FA)</td>
<td>9.30</td>
<td>5.03</td>
</tr>
<tr>
<td>Weight-Teasing Effect Adulthood (WT-EA)</td>
<td>1.55</td>
<td>.84</td>
</tr>
</tbody>
</table>

Table 10) Perceptions of Teasing Means and Standard Deviations
A Pearson Correlation was conducted between each of the subscales for the Perceptions of Teasing scale. Overall, the results of the correlations were all positive; higher values of frequency of teasing tended to correlate with higher values of effects of teasing. In other words, the more one indicated having been teased, the stronger was the effect of the teasing. The correlations are reported below, showing the possible combinations of relationships. The key to the variable abbreviations is found below Table 11.

<table>
<thead>
<tr>
<th></th>
<th>POTS WF-C/A</th>
<th>POTS WE-C/A</th>
<th>POTS WF-A</th>
<th>POTS WE-A</th>
</tr>
</thead>
<tbody>
<tr>
<td>POTS WF-C/A</td>
<td>Pearson Correlation</td>
<td>1.000</td>
<td>.962</td>
<td>Very Strong</td>
</tr>
<tr>
<td></td>
<td>Sig. (2-tailed)</td>
<td>.000</td>
<td>.000</td>
<td>.000</td>
</tr>
<tr>
<td></td>
<td>N</td>
<td>551</td>
<td>551</td>
<td>551</td>
</tr>
<tr>
<td>POTS WE-C/A</td>
<td>Pearson Correlation</td>
<td>.531</td>
<td>.522</td>
<td>Substantial</td>
</tr>
<tr>
<td></td>
<td>Sig. (2-tailed)</td>
<td>.000</td>
<td>.000</td>
<td>.000</td>
</tr>
<tr>
<td></td>
<td>N</td>
<td>550</td>
<td>550</td>
<td>550</td>
</tr>
<tr>
<td>POTS WF-A</td>
<td>Pearson Correlation</td>
<td>.520</td>
<td>.546</td>
<td>Substantial</td>
</tr>
<tr>
<td></td>
<td>Sig. (2-tailed)</td>
<td>.000</td>
<td>.000</td>
<td>.000</td>
</tr>
<tr>
<td></td>
<td>N</td>
<td>549</td>
<td>549</td>
<td>549</td>
</tr>
</tbody>
</table>

Table 11) Perceptions of Teasing Scale (POTS) Pearson Correlations

**Key:**
- POTS WF-C/A (Weight Frequency-Childhood/Adolescence)
- POTS WE-C/A (Weight Effect-Childhood/Adolescence)
- POTS WF-A (Weight Frequency-Adulthood)
- POTS WE-A (Weight Effect-Adulthood)

**Results of Hypotheses**

**Hypothesis One (H1):** In all respondents, lower levels of body image will be associated with:

a. **lower levels of self-esteem:**
   1) No significant relationship existed between the body image
Appearance Orientation subscale and self-esteem; therefore, H1a-1 was rejected. The Pearson Correlation indicated a negligible, non-significant relationship of \( r = -0.008 \) and \( p = 0.845 \) (N = 553).

2) A substantial positive relationship existed between the body image Appearance Evaluation subscale and self-esteem; therefore, H1a-2 was accepted. The Pearson Correlation was statistically significant at \( r = 0.508 \) and \( p = 0.000 \) (N = 547).

Self-esteem had no relationship with the appearance orientation aspect of body image, but had a substantial positive relationship indicated with the appearance evaluation aspect of body image. As appearance evaluation decreased, self-esteem also decreased.

b. higher levels of proneness to hurt feelings:

1) No significant relationship existed between the body image Appearance Orientation subscale and proneness to hurt feelings; therefore, H1b-1 was rejected. The Pearson Correlation indicated a negligible, non-significant relationship of \( r = -0.092 \) and \( p = 0.031 \) (N = 553).

2) A moderate negative relationship existed between the body image Appearance Evaluation subscale and proneness to hurt feelings; therefore, H1b-2 was accepted. The Pearson Correlation was statistically significant at \( r = -0.325 \) and \( p = 0.000 \) (N = 548).

Proneness to hurt feelings had no relationship with the appearance orientation aspect of body image, but had a moderate negative relationship indicated with the appearance evaluation aspect of body image. As appearance evaluation decreased, proneness to hurt feelings increased; in other words, as one became more critical of one’s body, there existed a greater tendency toward hurt feelings.

c. higher levels of perceptions of teasing:

Analysis of the Appearance Orientation subscale for body image revealed no significant relationships with any of the Perceptions of Teasing subscales; therefore, the following analyses are only between the Appearance Evaluation (AE) subscales of body image and the subscales of Perceptions of Teasing measurement. Appearance Evaluation indicated
some relationship with each of the four teasing items. H1c was therefore rejected for the Body Image subscale: Appearance Orientation.

1. Weight-Teasing Frequency Childhood/Adolescence: A moderate negative relationship was found between body image (AE) and weight-teasing frequency perceptions in childhood/adolescence; therefore, H1c-1 was accepted. The Pearson Correlation was statistically significant at $r = -0.329$ and $p = 0.000$ (N = 546).

2. Weight-Teasing Effect Childhood/Adolescence: A moderate negative relationship was found between body image (AE) and weight-teasing effect perceptions in childhood/adolescence; therefore, H1c-2 was accepted. The Pearson Correlation was statistically significant at $r = -0.347$ and $p = 0.000$ (N = 546).

3. Weight-Teasing Frequency Adulthood: A moderate negative relationship existed between body image (AE) and weight-teasing frequency perceptions in adulthood; therefore, H1c-3 was accepted. The Pearson Correlation was statistically significant at $r = -0.424$ and $p = 0.000$ (N = 545).

4. Weight-Teasing Effect Adulthood: A moderate negative relationship existed between body image (AE) and weight-teasing effect perceptions in adulthood; therefore, H1c-4 was accepted. The Pearson Correlation was statistically significant at $r = -0.440$ and $p = 0.000$ (N = 544).

Weight-teasing frequency and effect appear slightly greater in adulthood perceptions of teasing than in childhood/adolescence, and correlations are inversely related (lower body image is associated with greater perceptions of teasing). A moderate negative relationship occurred between appearance evaluation only and weight-teasing frequency perceptions in childhood/adolescence and weight-teasing effect perceptions in childhood/adolescence, as well as weight-teasing frequency perceptions in adulthood and weight-teasing effect perceptions in adulthood. Weight-teasing frequency and effect were slightly greater in adulthood perceptions of teasing than in childhood/adolescence. In each relationship, lower scores on appearance evaluation were associated with greater perceptions of teasing. Table 12 shows correlational data of body image appearance evaluation, self-esteem, and perceptions of teasing.
### Hypothesis Two (H2): In all respondents, lower levels of self-esteem will be associated with:

#### a. higher levels of proneness to hurt feelings:

A moderate negative relationship was found between hurt proneness and self-esteem; therefore, H2a was accepted. The Pearson Correlation was statistically significant at \( r = -.437 \) and \( p = .000 \) (\( N = 541 \)).

A moderate negative relationship appeared between hurt proneness and self-esteem, meaning that proneness to hurt feelings increased as self-esteem levels decreased, thus, lower ratings of self-esteem were associated with higher ratings of proneness to hurt feelings. This is similar to the results between body image appearance evaluation and proneness to hurt feelings.

#### b. higher levels of perceptions of teasing:

1. **Weight-Teasing Frequency Childhood/Adolescence:** A low negative relationship was found between self-esteem and weight-teasing effect perceptions in childhood/adolescence; therefore, H2b-1 was accepted. The Pearson Correlation was statistically significant at \( r = -.260 \) and \( p = .000 \) (\( N = 549 \)).

---

<table>
<thead>
<tr>
<th>Pearson Correlation</th>
<th>Correlation Coefficient (r)</th>
<th>Sig. Level (p)</th>
<th>Relationship Level</th>
<th>Accepted or Rejected</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body image and Self-esteem</td>
<td>( r = .508 ) (Appearance Evaluation)</td>
<td>( p = .000 )</td>
<td>Substantial/Positive</td>
<td>Accepted</td>
<td>547</td>
</tr>
<tr>
<td>Weight-Teasing Frequency Childhood/Adolescence</td>
<td>( r = -.329 ) (Appearance Evaluation)</td>
<td>( p = .000 )</td>
<td>Moderate/Negative</td>
<td>Accepted</td>
<td>546</td>
</tr>
<tr>
<td>Weight-Teasing Effect Childhood/Adolescence</td>
<td>( r = -.347 ) (Appearance Evaluation)</td>
<td>( p = .000 )</td>
<td>Moderate/Negative</td>
<td>Accepted</td>
<td>546</td>
</tr>
<tr>
<td>Weight-Teasing Frequency Adulthood</td>
<td>( r = -.424 ) (Appearance Evaluation)</td>
<td>( p = .000 )</td>
<td>Moderate/Negative</td>
<td>Accepted</td>
<td>545</td>
</tr>
<tr>
<td>Weight-Teasing Effect Adulthood</td>
<td>( r = -.440 ) (Appearance Evaluation)</td>
<td>( p = .000 )</td>
<td>Moderate/Negative</td>
<td>Accepted</td>
<td>544</td>
</tr>
</tbody>
</table>

* No statistically significant relationships were found for the Appearance Orientation aspect of the body image measure with self-esteem or weight-teasing.

Table 12) Pearson Correlations for Body Image with Self-Esteem and Perceptions of Weight-Teasing
2. Weight-Teasing Effect Childhood/Adolescence: A low negative relationship was found between self-esteem and weight-teasing effect perceptions in childhood/adolescence, therefore, H2b-2 was accepted. The Pearson Correlation was statistically significant at \( r = -.278 \) and \( p = .000 \) (\( N = 549 \)).

3. Weight-Teasing Frequency Adulthood: A moderate negative relationship existed between self-esteem and weight-teasing effect perceptions in adulthood, therefore, H2b-3 was accepted. The Pearson Correlation was statistically significant at \( r = -.328 \) and \( p = .000 \) (\( N = 548 \)).

4. Weight-Teasing Effect Adulthood: A moderate negative relationship was found between self-esteem and weight-teasing effect perceptions in adulthood; therefore, H2b-4 was accepted. The Pearson Correlation was statistically significant at \( r = -.351 \) and \( p = .000 \) (\( N = 547 \)).

Low negative relationships were indicated between self-esteem and weight-teasing frequency and weight-teasing effect in childhood/adolescence; however, moderate negative relationships occurred between self-esteem and weight-teasing frequency and effect perceptions in adulthood. These findings suggest as self-esteem decreases, the perceptions of teasing increase. While weight-teasing frequency and effect appeared slightly greater in adulthood perceptions of teasing than in childhood/adolescence, lower self-esteem was associated with greater perceptions of teasing in all instances.

Weight-teasing frequency and effect appear slightly greater in adulthood perceptions of teasing than in childhood/adolescence, and correlations are inversely related (lower self-esteem is associated with greater perceptions of teasing). Low self-esteem is associated with higher proneness to hurt feelings. See Table 13 for all results of the Perceptions of Teasing Correlations with self-esteem.
Table 13) Pearson Correlations for Self-Esteem with Perceptions of Weight-Teasing

**Hypothesis Three (H3):** In all respondents, higher levels of proneness to hurt feelings will be associated with higher levels of perceptions of Weight Teasing.

1. Weight-Teasing Frequency Childhood/Adolescence: A low positive relationship was found between hurt proneness and weight-teasing frequency perceptions in childhood/adolescence; therefore, H3-1 was accepted. The Pearson Correlation was statistically significant at \( r = .275 \) and \( p = .000 \) (N = 550).

2. Weight-Teasing Effect Childhood/Adolescence: A low positive relationship existed between hurt proneness and weight-teasing effect perceptions in childhood/adolescence; therefore, H3-2 was accepted. The Pearson Correlation was statistically significant at \( r = .287 \) and \( p = .000 \) (N = 550).

3. Weight-Teasing Frequency Adulthood: A moderate positive relationship existed between hurt proneness and weight-teasing frequency perceptions in adulthood; therefore, H3-3 was accepted. The Pearson Correlation was statistically significant at \( r = .304 \) and \( p = .000 \) (N = 549).

4. Weight-Teasing Effect Adulthood: A moderate positive relationship existed between hurt proneness and weight-teasing effect perceptions in adulthood; therefore, H3-4 was accepted. The Pearson Correlation was statistically significant at \( r = .344 \) and \( p = .000 \) (N = 548).
The previous hypotheses testing revealed a moderate positive relationship between proneness to hurt feelings and self-esteem and the Appearance Evaluation subscale of the Body Image measure. Therefore, higher proneness to hurt feelings was associated with lower self-esteem and lower appearance evaluation (body image) scores. Consistent with those findings, the results of the correlations between the weight-teasing frequency and effect of childhood/adolescence with proneness to hurt feelings indicated a low positive relationship. Moderate positive relationships were indicated between hurt proneness and weight-teasing frequency and effect perceptions in adulthood.

Weight-teasing frequency and effect appeared only slightly greater in adulthood perceptions of teasing than in childhood/adolescence, with a greater tendency for hurt proneness associated with greater perceptions of teasing. Correlations were positively related; in other words, the positive relationship indicates that a greater tendency for hurt proneness is associated with greater perceptions of teasing.

Hypothesis Four (H4): Larger relative body size will be associated with:

a. higher perceptions of teasing  
b. lower levels of body image  
c. lower levels of self-esteem  
d. higher levels of proneness to hurt feelings

For Hypothesis Four, "Larger relative body size" was defined, in general, as the increasingly larger BMI of one category over the next. For instance, the overweight, obese, and morbidly obese groups tended to compare with the underweight and normal weight groups. Differences between the five categories of Body Mass Index were not combined, however. It was expected that greater differences in means on any of the measures would occur between BMI categories with the greatest differences in relative size, such as the underweight category having the most discrepancy with the morbidly obese category.

Hypotheses Four used Body Mass Index categories as the independent variable. Scores from the Perceptions of Teasing subscales, the Appearance Evaluation and Appearance
Orientation subscales of the body image measure, the self-esteem scores, and hurt proneness scores, were the dependent variables. A between-subjects' multivariate analysis of variance (MANOVA) was conducted to examine general differences in means between the underweight and normal weight groups, and the overweight, obese, and morbidly obese groups. Pillai's Trace was used for the evaluation because it is reported to be the most powerful and robust of these measures (Hedderon & Fisher, 1993, p.133).

A statistically significant main effect occurred for Body Mass Index (BMI) category of \( p = .000, F (32, 528) = 9.799, p < .01 \), and tests of between-subjects effects indicated six of the eight dependent variables achieved statistical significance and had contributed to the multivariate main effect. The significant univariate between-subjects effects were Appearance Evaluation \( p = .000, F (4, 528) = 52.889, p < .01 \); Self-Esteem \( p = .000, F (4, 528) = 5.450, p < .01 \); POTS Weight Frequency Childhood/Adolescence \( p = .000, F (4, 528) = 20.191, p < .01 \); POTS Weight Effect Childhood/Adolescence \( p = .000, F (4, 528) = 18.164, p < .01 \); POTS Weight Frequency Adulthood \( p = .000, F (4, 528) = 58.138, p < .01 \); and POTS Weight Effect Adulthood \( p = .000, F (4, 528) = 48.161, p < .01 \). Table 14 below contains the MANOVA values for each of the eight dependent variables.
Table 14) MANOVA Tests of Between-Subjects Effects by BMI Categories

<table>
<thead>
<tr>
<th>Dependent Variable</th>
<th>Type III Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F Value</th>
<th>Sig. Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evaluation</td>
<td>4627.978</td>
<td>4</td>
<td>1156.994</td>
<td>52.889</td>
<td>.000</td>
</tr>
<tr>
<td>Appearance</td>
<td>243.776</td>
<td>4</td>
<td>60.944</td>
<td>967</td>
<td>.414 non-</td>
</tr>
<tr>
<td>Orientation</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-Esteem</td>
<td>1083.189</td>
<td>4</td>
<td>270.797</td>
<td>5.450</td>
<td>.000</td>
</tr>
<tr>
<td>Hurt Proneness</td>
<td>216.077</td>
<td>4</td>
<td>54.019</td>
<td>3.299</td>
<td>.011 non-</td>
</tr>
<tr>
<td>POTS Weight</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frequency Childhood/Adolescence</td>
<td>2610.588</td>
<td>4</td>
<td>652.647</td>
<td>20.191</td>
<td>.000</td>
</tr>
<tr>
<td>Effect Childhood/Adolescence</td>
<td>89.438</td>
<td>4</td>
<td>22.360</td>
<td>18.164</td>
<td>.000</td>
</tr>
<tr>
<td>Frequency Adulthood</td>
<td>4096.768</td>
<td>4</td>
<td>1024.192</td>
<td>58.138</td>
<td>.000</td>
</tr>
<tr>
<td>Effect Adulthood</td>
<td>148.380</td>
<td>4</td>
<td>37.095</td>
<td>48.161</td>
<td>.000</td>
</tr>
</tbody>
</table>

Table 14) MANOVA Tests of Between-Subjects Effects by BMI Categories

**Body image and body mass index.**

Further exploration of Body Mass Index category on body image revealed a significant difference in mean scores between the five size categories. Analysis of variance of Body Mass Index categories on Body Image revealed an overall significance of $p = .000$, $F (4, 536) = 18.53$, $p < .01$. The between groups sum of squares and mean square are included in the ANOVA table below. See Table 15.
Table 15) ANOVA for Effects of BMI Category on Body Image (Appearance Orientation and Appearance Evaluation)

A Least Squares Difference (LSD) post hoc test revealed significant differences in mean scores between underweight females and obese and morbidly obese females, with Mean difference = 6.76, Std. Error = 1.64, p = .000, p < .01 for obese and Mean difference = 8.13, Std. Error = 1.95, p = .000, p < .01 for morbidly obese. Significant differences in mean scores also occurred between normal weight females and overweight females, obese females, and morbidly obese females, with Mean difference = 3.75, Std. Error = 1.11, p = .001, p < .01 for overweight females; Mean difference = 7.74, Std. Error = 1.05, p = .000, p < .01 for obese females; and Mean difference = 9.11, Std. Error = 1.50, p = .000, p < .01. Significant differences were also revealed between the overweight females and the obese and the morbidly obese females, with Mean differences = 3.99, Std. Error = 1.02, p = .000, p < .01 for obese females and Mean difference = 5.36, Std. Error = 1.47, p = .000, p < .01 for morbidly obese females. Table 16 contains the results of the post hoc examination.
Table 16) Multiple Comparison Post Hoc Examination of BMI Category on Body Image (Appearance Orientation and Appearance Evaluation)

<table>
<thead>
<tr>
<th>Dependent Variable (Appearance Evaluation and Appearance Orientation)</th>
<th>BMI Category Comparisons</th>
<th>Sig. Level (p)</th>
<th>Mean Difference</th>
<th>Std. Error</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight:</td>
<td>Obese</td>
<td>.000</td>
<td>6.76</td>
<td>1.64</td>
</tr>
<tr>
<td></td>
<td>Morbidly Obese</td>
<td>.000</td>
<td>8.13</td>
<td>1.95</td>
</tr>
<tr>
<td>Normal Weight:</td>
<td>Overweight</td>
<td>.000</td>
<td>3.75</td>
<td>1.11</td>
</tr>
<tr>
<td></td>
<td>Obese</td>
<td>.000</td>
<td>7.74</td>
<td>1.05</td>
</tr>
<tr>
<td></td>
<td>Morbidly Obese</td>
<td>.000</td>
<td>9.11</td>
<td>1.50</td>
</tr>
<tr>
<td>Overweight:</td>
<td>Obese</td>
<td>.000</td>
<td>3.99</td>
<td>1.02</td>
</tr>
<tr>
<td></td>
<td>Morbidly Obese</td>
<td>.000</td>
<td>5.36</td>
<td>1.47</td>
</tr>
</tbody>
</table>

Table 16) Multiple Comparison Post Hoc Examination of BMI Category on Body Image (Appearance Orientation and Appearance Evaluation)

An analysis of variance of the separate subscales of Appearance Evaluation and Appearance Orientation revealed a non-significant p-value of .411 for Appearance Orientation, but a significant p-value of \( p = .000 (p < .01) \) for Appearance Evaluation. Therefore, a separate ANOVA for Body Mass Index category on Appearance Evaluation was conducted. The analysis of variance revealed an overall significance of \( p = .000, \ F (4, 536) = 52.323, \ p < .01 \). The between groups sum of squares and mean square are included in the ANOVA table below. (See Table 17).
**a** = sig. differences between underweight and overweight/obese/morbidly obese
**b** = sig. differences between normal weight and overweight/obese/morbidly obese
***c*** = sig. differences between overweight and obese/morbidly obese

Table 17) ANOVA for Effects of BMI Category on Appearance Evaluation

A Least Squares Difference (LSD) post hoc test revealed significant differences in mean scores between underweight females and overweight, obese, and morbidly obese females, with Mean difference = 3.66, Std. Error = .87, p = .000, p < .01 for overweight; Mean difference = 5.97, Std. Error = .85, p = .000, p < .01 for obese; and Mean difference = 7.72, Std. Error = 1.01, p = .000, p < .01 for morbidly obese. Significant differences in mean scores also occurred between normal weight females and overweight, obese, and morbidly obese females, with Mean difference = 4.28, Std. Error = .58, p = .000, p < .01 for overweight females; Mean difference = 6.59, Std. Error = .54, p = .000, p < .01 for obese females; and Mean difference = 8.33, Std. Error = .77, p = .000, p < .01 for morbidly obese females. Significant differences were also revealed between the overweight females and the obese and the morbidly obese females, with Mean differences = 2.31, Std. Error = .53, p = .000, p < .01 for obese females and Mean difference = 4.06, Std. Error = .76, p = .000, p < .01 for morbidly obese females. Table 18 contains results of the post hoc examination.
Body image appearance evaluation produced the greatest spread of mean score differences. The greatest differences were found between the morbidly obese group and the underweight, normal weight, and overweight groups, that is, the largest BMI category and the three smallest BMI categories. The underweight group also differed significantly with the overweight and obese groups, as did the normal weight category with overweight and obese. Finally, the overweight group differed with the obese category. No differences of any significance occurred between the underweight and normal weight categories, or between the obese and morbidly obese categories, the two smallest and the two largest BMI categories.

*Self-esteem and body mass index.*

Analysis of variance with Body Mass Index categories on Self-Esteem revealed an overall significance of \( p = .000, F(4, 539) = 5.618, p < .01 \). The between groups sum of squares and mean square are included in the ANOVA table below. See Table 19.
<table>
<thead>
<tr>
<th>ANOVA Group</th>
<th>Mean</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Std. Error</th>
<th>F Value</th>
<th>Sig. Level (p)</th>
<th>Mean Square</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Mass Index</td>
<td></td>
<td>1133.439</td>
<td>4</td>
<td></td>
<td>5.618</td>
<td>.000</td>
<td>283.36</td>
<td>539</td>
</tr>
<tr>
<td>Underweight (&lt; 20 kg/m2)</td>
<td>37.38</td>
<td>1.09</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>37</td>
</tr>
<tr>
<td>Normal Weight (20 kg/m2 - &lt; 25kg/m2)</td>
<td>39.58</td>
<td>.56</td>
<td></td>
<td>a*</td>
<td></td>
<td></td>
<td></td>
<td>125</td>
</tr>
<tr>
<td>Overweight (25 kg/m2 - &lt; 30 kg/m2)</td>
<td>38.41</td>
<td>.62</td>
<td></td>
<td>b**</td>
<td></td>
<td></td>
<td></td>
<td>139</td>
</tr>
<tr>
<td>Obese (30 kg/m2 - &lt; 40 kg/m2)</td>
<td>37.40</td>
<td>.52</td>
<td></td>
<td>a, c***</td>
<td></td>
<td></td>
<td></td>
<td>183</td>
</tr>
<tr>
<td>Morbidly Obese (&gt; 40 kg/m2)</td>
<td>34.30</td>
<td>1.19</td>
<td></td>
<td>a, b, c</td>
<td></td>
<td></td>
<td></td>
<td>53</td>
</tr>
<tr>
<td>Total</td>
<td>37.86</td>
<td>.31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>540</td>
</tr>
</tbody>
</table>

*a = sig. differences between normal weight and obese/morbidly obese
** b = sig. differences between overweight and morbidly obese
***c = sig. differences between obese and morbidly obese

Table 19) ANOVA for Effects of BMI Category on Self-Esteem

A Least Squares Difference (LSD) post hoc test revealed significant differences in mean scores between normal weight females and obese and morbidly obese females, with Mean difference = 2.19, Std. Error = .82, p = .008, p < .01 for obese and Mean difference = 5.28, Std. Error = 1.16, p = .000, p < .01 for morbidly obese. Significant differences in mean scores also occurred between overweight females and morbidly obese females, with Mean difference = 4.11, Std. Error = 1.14, p = .000, p < .01. Significant differences were revealed between the obese females and the morbidly obese females, with Mean differences = 3.09, Std. Error = 1.11, p = .005, p < .01. The morbidly obese group indicated significantly lower self-esteem scores than those for any of the other groups, including overweight and obese. These differences in means are similar to the differences in mean scores for body image appearance evaluation, with the higher levels of self-esteem occurring among the lower body mass index groups. See Table 20.
Further analysis of Body Mass Index categories on Hurt Proneness indicated no statistical significance. This suggested that, for this sample, no differences existed between BMI means of proneness to hurt feelings. An analysis of variance for effects of Body Mass Index category on Hurt Proneness was non-significant at \( p = .017, F (4, 539) = 3.030, p < .01 \). No table is provided for these results. See Table 21 for correlational results of Hurt Proneness with other variables.

Table 20) Multiple Comparison Post Hoc Examination of Self-Esteem

Table 21) Pearson Correlations for Proneness to Hurt Feelings with Self-Esteem, Body Image, and Perceptions of Weight-Teasing
Results for the POTS Weight Effect Childhood/Adolescence measure revealed other significant mean differences between the normal weight and the overweight and obese groups. Results for POTS Weight Frequency Adulthood revealed other significant mean differences between the obese category and the underweight, normal weight, and overweight groups; normal weight category also differed with overweight category. Results for POTS Weight Effect Adulthood revealed significant mean differences between the obese category and the underweight, normal weight, and the overweight group. The only other significant mean difference occurred between the normal weight group and the overweight category.

Examinations of the post hoc results for the four Weight-teasing subscales of the Perceptions of Teasing measure revealed that, for POTS Weight Frequency Childhood/Adolescence, the greatest mean differences occurred between the morbidly obese group and the underweight, normal weight, overweight, and obese groups. The only other significant mean differences occurred between the underweight group also differed significantly with the overweight and obese groups; normal weight category differed with overweight and obese also; and the overweight group differed with the obese category. No differences of any significance occurred between the underweight group and the obese group, and with the normal weight category and the overweight and obese categories. See Table 22.
Examinations of the post hoc results for the POTS Weight Effect Childhood/Adolescence measure revealed the greatest mean differences occurred between the morbidly obese category and the underweight, normal weight, overweight, and obese categories. The only other significant mean difference included the normal weight and differences with the overweight and obese groups. See Table 23.

Table 22) Multiple Comparison Post Hoc Examination of Perceptions of Teasing Weight Frequency Childhood/Adolescence

<table>
<thead>
<tr>
<th>Dependent Variable</th>
<th>BMI Category Comparisons</th>
<th>Sig. Level (p)</th>
<th>Mean Difference</th>
<th>Std. Error</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POTS Weight Frequency Childhood/Adolescence</strong></td>
<td><strong>Underweight:</strong> Obese</td>
<td>.001</td>
<td>-3.58</td>
<td>1.03</td>
</tr>
<tr>
<td></td>
<td>Morbidly Obese</td>
<td>.000</td>
<td>-7.63</td>
<td>1.22</td>
</tr>
<tr>
<td></td>
<td><strong>Normal Weight:</strong> Overweight</td>
<td>.004</td>
<td>-2.06</td>
<td>.70</td>
</tr>
<tr>
<td></td>
<td>Obese</td>
<td>.000</td>
<td>-3.60</td>
<td>.67</td>
</tr>
<tr>
<td></td>
<td>Morbidly Obese</td>
<td>.000</td>
<td>-7.64</td>
<td>.94</td>
</tr>
<tr>
<td></td>
<td><strong>Overweight:</strong> Morbidly Obese</td>
<td>.000</td>
<td>-5.58</td>
<td>.93</td>
</tr>
<tr>
<td></td>
<td><strong>Obese:</strong> Morbidly Obese</td>
<td>.000</td>
<td>-4.04</td>
<td>.90</td>
</tr>
</tbody>
</table>

Table 23) Multiple Comparison Post Hoc Examination of Perceptions of Teasing Weight Effect Childhood/Adolescence

<table>
<thead>
<tr>
<th>Dependent Variable</th>
<th>BMI Category Comparisons</th>
<th>Sig. Level (p)</th>
<th>Mean Difference</th>
<th>Std. Error</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POTS Weight Effect Childhood/Adolescence</strong></td>
<td><strong>Underweight:</strong> Obese</td>
<td>.001</td>
<td>- .68</td>
<td>.20</td>
</tr>
<tr>
<td></td>
<td>Morbidly Obese</td>
<td>.000</td>
<td>-1.39</td>
<td>.24</td>
</tr>
<tr>
<td></td>
<td><strong>Normal Weight:</strong> Overweight</td>
<td>.001</td>
<td>- .44</td>
<td>.14</td>
</tr>
<tr>
<td></td>
<td>Obese</td>
<td>.000</td>
<td>- .70</td>
<td>.13</td>
</tr>
<tr>
<td></td>
<td>Morbidly Obese</td>
<td>.000</td>
<td>-1.41</td>
<td>.18</td>
</tr>
<tr>
<td></td>
<td><strong>Overweight:</strong> Morbidly Obese</td>
<td>.000</td>
<td>-.97</td>
<td>.18</td>
</tr>
<tr>
<td></td>
<td><strong>Obese:</strong> Morbidly Obese</td>
<td>.000</td>
<td>-.71</td>
<td>.18</td>
</tr>
</tbody>
</table>
Examinations of the post hoc results for POTS Weight Frequency Adulthood revealed the greatest mean differences occurred again between the morbidly obese group and the underweight, normal weight, overweight, and obese groups. The other significant mean differences occurred between the obese category and the underweight, normal weight, and overweight groups; normal weight category also differed with overweight category. See Table 24.

<table>
<thead>
<tr>
<th>Dependent Variable</th>
<th>BMI Category Comparisons</th>
<th>Sig. Level (p)</th>
<th>Mean Difference</th>
<th>Std. Error</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POTS Weight Frequency Adulthood</strong></td>
<td>Underweight: Obese</td>
<td>.000</td>
<td>-4.52</td>
<td>.76</td>
</tr>
<tr>
<td></td>
<td>Morbidly Obese</td>
<td>.000</td>
<td>-9.61</td>
<td>.90</td>
</tr>
<tr>
<td></td>
<td>Normal Weight: Overweight</td>
<td>.004</td>
<td>-1.51</td>
<td>.52</td>
</tr>
<tr>
<td></td>
<td>Obese</td>
<td>.000</td>
<td>-4.21</td>
<td>.49</td>
</tr>
<tr>
<td></td>
<td>Morbidly Obese</td>
<td>.000</td>
<td>-9.30</td>
<td>.69</td>
</tr>
<tr>
<td></td>
<td>Overweight: Obese</td>
<td>.000</td>
<td>-2.70</td>
<td>.48</td>
</tr>
<tr>
<td></td>
<td>Morbidly Obese</td>
<td>.000</td>
<td>-7.79</td>
<td>.68</td>
</tr>
<tr>
<td></td>
<td>Obese: Morbidly Obese</td>
<td>.000</td>
<td>-5.09</td>
<td>.66</td>
</tr>
</tbody>
</table>

Table 24) Multiple Comparison Post Hoc Examination of Perceptions of Teasing Weight Frequency Adulthood

Examinations of the post hoc results for POTS Weight Effect Adulthood revealed the greatest mean differences occurred between the morbidly obese group and the underweight, normal weight, overweight, and obese groups. Other significant mean differences occurred between the obese category and the underweight, normal weight, and the overweight group. The only other significant mean difference occurred between the normal weight group and the overweight category. See Table 25.
A pattern emerged among the weight-teasing subscales of mean differences between the morbidly obese BMI category and the other four categories. For weight-teasing frequency and effect of childhood/adolescence and adulthood (four subscales), the greatest mean differences occurred between the morbidly obese group and the four other categories: underweight, normal weight, overweight, and obese. The only other significant mean differences occurred 1) between the underweight group and the overweight and obese groups; 2) between the normal weight category and the overweight and obese categories; and, 3) between the overweight group and the obese category.

**Part Three: Results of Descriptive Analyses of Research Questions**

Questions created for this study included whether or not weight-related teasing was more prevalent than other types of appearance-related teasing (non-weight-related teasing). The research questions were analyzed for frequency and percentage of responses. The following research questions were examined:
Research Question 1 (RQ1): Of those respondents reporting appearance-related teasing, which aspects of appearance will respondents single out to report?

Appearance-related aspects of childhood/adolescence.

One section of the questionnaire requested that respondents indicate all aspects of appearance-related teasing items that pertained to them as children/adolescents; a “check-off” list of twenty items was provided. The items included: nose, clothing, acne, arms, buttocks, face, hair, facial hair, legs, ears, skin, too thin/skinny, dental braces, teeth, feet, height (short/tall), breasts (big/little), wearing glasses, too fat/overweight, mouth, and lips, listed in a randomized order. Blank lines were provided for respondents to list “Others” not included in the list. Respondents could also indicate that, “No,” they had not been teased. See Table 26.

Appearance-related aspects of adulthood.

As in the Appearance-related Aspects of Childhood/Adolescence segment of the questionnaire, one section of the questionnaire also requested that respondents indicate all aspects of appearance-related teasing items that pertained to them as adults – Appearance-related Aspects of Adulthood. A “check-off” list of twenty items was provided. The items included: nose, clothing, acne, arms, buttocks, face, hair, facial hair, legs, ears, skin, too thin/skinny, dental braces, teeth, feet, height (short/tall), breasts (big/little), wearing glasses, too fat/overweight, mouth, and lips, listed in the same order as the Childhood/Adolescence list. Blank lines were provided for respondents to list “Others” not included on the list. Respondents could also indicate that, “No,” they had not been teased. See Table 26; also, see Table 27 for Appearance Items not included in the check list of twenty items, but written in by respondents.
<table>
<thead>
<tr>
<th>Appearance-Related Teasing Items</th>
<th>Number Who Checked Item</th>
<th>Valid Percent</th>
<th>Appearance-Related Teasing Items</th>
<th>Number Who Checked Item</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nose (N = 549)</td>
<td>70</td>
<td>12.8</td>
<td>Nose (N = 525)</td>
<td>24</td>
<td>4.6</td>
</tr>
<tr>
<td>Face (N = 549)</td>
<td>35</td>
<td>6.4</td>
<td>Face (N = 525)</td>
<td>6</td>
<td>1.1</td>
</tr>
<tr>
<td>Skin (N = 549)</td>
<td>37</td>
<td>6.7</td>
<td>Skin (N = 525)</td>
<td>7</td>
<td>1.3</td>
</tr>
<tr>
<td>Height – Short (N = 549)</td>
<td>26</td>
<td>4.7</td>
<td>Height – Short (N = 525)</td>
<td>19</td>
<td>3.6</td>
</tr>
<tr>
<td>Height – Tall (N = 549)</td>
<td>30</td>
<td>5.5</td>
<td>Height – Tall (N = 525)</td>
<td>8</td>
<td>1.5</td>
</tr>
<tr>
<td>Height – Non-Specified (N = 549)</td>
<td>55</td>
<td>10</td>
<td>Height – Non-Specified (N = 524)</td>
<td>29</td>
<td>5.5</td>
</tr>
<tr>
<td>Clothing (N = 549)</td>
<td>151</td>
<td>27.5</td>
<td>Clothing (N = 525)</td>
<td>36</td>
<td>6.9</td>
</tr>
<tr>
<td>Hair (N = 549)</td>
<td>86</td>
<td>15.7</td>
<td>Hair (N = 525)</td>
<td>30</td>
<td>5.7</td>
</tr>
<tr>
<td>Too Thin/Skinny (N = 548)</td>
<td>84</td>
<td>15.3</td>
<td>Too Thin/Skinny (N = 524)</td>
<td>26</td>
<td>5</td>
</tr>
<tr>
<td>Breasts – Little (N = 549)</td>
<td>30</td>
<td>5.5</td>
<td>Breasts – Little (N = 525)</td>
<td>22</td>
<td>4.2</td>
</tr>
<tr>
<td>Breasts – Big (N = 549)</td>
<td>39</td>
<td>7.1</td>
<td>Breasts – Big (N = 525)</td>
<td>24</td>
<td>4.6</td>
</tr>
<tr>
<td>Breasts – Non-Specified (N = 549)</td>
<td>95</td>
<td>17.3</td>
<td>Breasts – Non-Specified (N = 525)</td>
<td>61</td>
<td>11.6</td>
</tr>
<tr>
<td>Acne (N = 549)</td>
<td>56</td>
<td>10.2</td>
<td>Acne (N = 525)</td>
<td>12</td>
<td>2.3</td>
</tr>
<tr>
<td>Facial Hair (N = 549)</td>
<td>24</td>
<td>4.4</td>
<td>Facial Hair (N = 525)</td>
<td>28</td>
<td>5.3</td>
</tr>
<tr>
<td>Dental Braces (N = 549)</td>
<td>35</td>
<td>6.4</td>
<td>Dental Braces (N = 525)</td>
<td>00</td>
<td>00</td>
</tr>
<tr>
<td>Wearing Glasses (N = 549)</td>
<td>110</td>
<td>20</td>
<td>Wearing Glasses (N = 525)</td>
<td>15</td>
<td>2.9</td>
</tr>
</tbody>
</table>

Table 26) Appearance Items from Check List: Childhood/Adolescence and Adulthood
Table 26 continued.

<table>
<thead>
<tr>
<th>Armes (N = 547)</th>
<th>20</th>
<th>3.7</th>
<th>Armes (N = 525)</th>
<th>11</th>
<th>2.1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legs (N = 549)</td>
<td>51</td>
<td>9.3</td>
<td>Legs (N = 525)</td>
<td>32</td>
<td>6.1</td>
</tr>
<tr>
<td>Teeth (N = 549)</td>
<td>50</td>
<td>9.1</td>
<td>Teeth (N = 525)</td>
<td>21</td>
<td>4.0</td>
</tr>
<tr>
<td>Too Fat/Overweight (N = 549)</td>
<td>177</td>
<td>32.2</td>
<td>Too Fat/Overweight (N = 525)</td>
<td>171</td>
<td>32.6</td>
</tr>
<tr>
<td>Buttocks (N = 549)</td>
<td>56</td>
<td>10.2</td>
<td>Buttocks (N = 525)</td>
<td>57</td>
<td>10.9</td>
</tr>
<tr>
<td>Ears (N = 549)</td>
<td>11</td>
<td>2</td>
<td>Ears (N = 525)</td>
<td>3</td>
<td>0.6</td>
</tr>
<tr>
<td>Feet (N = 549)</td>
<td>31</td>
<td>5.6</td>
<td>Feet (N = 525)</td>
<td>19</td>
<td>3.6</td>
</tr>
<tr>
<td>Mouth (N = 549)</td>
<td>6</td>
<td>1.1</td>
<td>Mouth (N = 525)</td>
<td>2</td>
<td>0.4</td>
</tr>
<tr>
<td>Lips (N = 549)</td>
<td>19</td>
<td>3.5</td>
<td>Lips (N = 525)</td>
<td>3</td>
<td>0.6</td>
</tr>
<tr>
<td>Other (N = 549)</td>
<td>16</td>
<td>2.9</td>
<td>Other (N = 525)</td>
<td>4</td>
<td>0.8</td>
</tr>
</tbody>
</table>

Table 27) Appearance Items In Addition to Check List Items: Childhood/Adolescence and Adulthood

<table>
<thead>
<tr>
<th>Childhood/Adolescence Other Items</th>
<th>Appearance Item Occurrence</th>
<th>Appearance Item Occurrence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyes</td>
<td>1</td>
<td>Birthmark on Face</td>
</tr>
<tr>
<td>Hands</td>
<td>1</td>
<td>Cheeks</td>
</tr>
<tr>
<td>Jaw line</td>
<td>1</td>
<td>Eye Patch</td>
</tr>
<tr>
<td>Leg Braces and Wheelchair</td>
<td>1</td>
<td>Eyes</td>
</tr>
<tr>
<td></td>
<td>Eyes (Asian)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eyes (Chinese looking)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eyes (crossed)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Floating Eye</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hands</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Head Shape</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hump on Back</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jaw Line</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Neck (lack of)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nails</td>
<td></td>
</tr>
</tbody>
</table>

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Research Question 2 (RQ2): Which aspects of appearance-related teasing will occur most frequently?

Research Question 3 (RQ3): What will be the difference in appearance-related aspect items listed and frequency of each between Childhood/Adolescence and Adulthood?

The results for Research Questions 2 and 3 were combined into one table for convenience. See Table 28 below.

Appearance-related aspects of childhood/adolescence.

Respondents also had the opportunity to single out and rate up to two of those appearance aspects for which they indicated teasing (or others not listed) as to how often the teasing occurred and the effect of the teasing based on a five-point scale structured similar to the Perceptions of Teasing Scale (Thompson, Cattarin, Fowler, & Fisher, 1995). Choices for rating the frequency of the perceived teasing items included 1) Never, 3) Sometimes, or 5) Very Often. Choices two and four had no descriptors. Choices for rating the effect of the perceived teasing items included 1) Not Upset, 3) Somewhat Upset, or 5) Very Upset. Choices two and four had no descriptors. The most common appearance-related items listed for both Appearance Aspects 1 and 2 for Childhood/Adolescence were “Too fat/overweight” with an occurrence of 92 times for Aspect 1 and 53 times for Appearance Aspect 2; these comprised 16.6% and 9.6%, respectively, of the total list. The total for “Too fat/overweight” was 26.2% overall. In other words, respondents listed “Too fat/overweight” as that appearance-aspect occurring most often during their childhood and adolescence more than one-quarter of the time. Other frequently listed items were “Breasts” or breast-related items (e.g., “Breasts – little” or “Breasts – big”) for 17% and “Nose” or nose-related items (e.g., “Nose – big” or “Nose – large, hooked”) at a total of 8.9%. “Clothing” was also listed quite often for a total percent of 11.7, as was “Wearing glasses” for a total of 9.7%. Table 27 contains a listing of all Aspects 1 and 2 reported by respondents for Childhood/Adolescence.
<table>
<thead>
<tr>
<th>Appearance Aspect 1</th>
<th>Freq</th>
<th>Percent</th>
<th>Appearance Aspect 2</th>
<th>Freq</th>
<th>Percent</th>
<th>Total Freq</th>
<th>Total Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acne</td>
<td>22</td>
<td>4.0</td>
<td>Acne</td>
<td>8</td>
<td>1.4</td>
<td>30</td>
<td>5.4</td>
</tr>
<tr>
<td>Arms (2), Arms – hairy (1)</td>
<td>3</td>
<td>.6</td>
<td>Arms (2), Arms – hairy (2)</td>
<td>4</td>
<td>.8</td>
<td>7</td>
<td>1.4</td>
</tr>
<tr>
<td>Breasts – big (10), Breasts – little (5), Breasts (23)</td>
<td>38</td>
<td>6.9</td>
<td>Breasts – big (14), Breasts - little (10), Breasts (32)</td>
<td>56</td>
<td>10.1</td>
<td>94</td>
<td>17.0</td>
</tr>
<tr>
<td>Buttocks (13), Buttocks – large (1)</td>
<td>14</td>
<td>2.5</td>
<td>Buttocks</td>
<td>13</td>
<td>2.3</td>
<td>27</td>
<td>4.8</td>
</tr>
<tr>
<td>Cheeks (fat)</td>
<td>1</td>
<td>.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clothing</td>
<td>29</td>
<td>5.2</td>
<td>Clothing</td>
<td>36</td>
<td>6.5</td>
<td>65</td>
<td>11.7</td>
</tr>
<tr>
<td>Dental braces</td>
<td>4</td>
<td>.7</td>
<td>Dental braces</td>
<td>8</td>
<td>1.4</td>
<td>12</td>
<td>2.1</td>
</tr>
<tr>
<td>Ears</td>
<td>3</td>
<td>.5</td>
<td>Ears</td>
<td>2</td>
<td>.4</td>
<td>5</td>
<td>.9</td>
</tr>
<tr>
<td>Eye – floating (1), Eyes (2), Eyes – Asian (1), Eyes - were straightened at age 16 (1)</td>
<td>5</td>
<td>1.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Face (6), Face – birthmark (1)</td>
<td>7</td>
<td>1.3</td>
<td>Face</td>
<td>2</td>
<td>.4</td>
<td>9</td>
<td>1.7</td>
</tr>
<tr>
<td>Facial hair (6), Facial hair – moustache (1)</td>
<td>7</td>
<td>1.3</td>
<td>Facial hair</td>
<td>6</td>
<td>1.1</td>
<td>13</td>
<td>2.4</td>
</tr>
<tr>
<td>Feet (2), Feet - big feet and funny shoes (1), Feet – big (1)</td>
<td>4</td>
<td>.8</td>
<td>Feet (6), Feet - long, skinny (1)</td>
<td>7</td>
<td>1.3</td>
<td>11</td>
<td>2.1</td>
</tr>
<tr>
<td>Freckles</td>
<td>3</td>
<td>.5</td>
<td>Freckles</td>
<td>1</td>
<td>.2</td>
<td>4</td>
<td>.7</td>
</tr>
<tr>
<td>Hair (13), Hair – red (5), Hair – short (1)</td>
<td>19</td>
<td>3.4</td>
<td>Hair (13), Hair – grey (1), Hair – red (1)</td>
<td>15</td>
<td>2.7</td>
<td>34</td>
<td>6.1</td>
</tr>
<tr>
<td>Head shape</td>
<td>2</td>
<td>.4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Height - short</td>
<td>6</td>
<td>1.1</td>
<td>Height - short</td>
<td>5</td>
<td>.9</td>
<td>11</td>
<td>2.0</td>
</tr>
<tr>
<td>Height - tall</td>
<td>9</td>
<td>1.6</td>
<td>Height - tall</td>
<td>9</td>
<td>1.6</td>
<td>18</td>
<td>3.2</td>
</tr>
<tr>
<td>Height</td>
<td>19</td>
<td>3.4</td>
<td>Height</td>
<td>13</td>
<td>2.3</td>
<td>32</td>
<td>5.7</td>
</tr>
<tr>
<td>Leg braces</td>
<td>1</td>
<td>.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legs (9), Legs – scars (1), Legs – skinny (1)</td>
<td>11</td>
<td>2.0</td>
<td>Legs – long (1), Legs (9), Legs – fat (1), Legs – hairy (2)</td>
<td>14</td>
<td>2.6</td>
<td>25</td>
<td>4.6</td>
</tr>
<tr>
<td>Legs and arms – hairy (1)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lips</td>
<td>3</td>
<td>.5</td>
<td>Lips</td>
<td>5</td>
<td>.9</td>
<td>8</td>
<td>1.4</td>
</tr>
<tr>
<td>--</td>
<td></td>
<td></td>
<td>Mouth (space between teeth)</td>
<td>1</td>
<td>.2</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Neck (color and size)</td>
<td>1</td>
<td>.2</td>
<td>Neck</td>
<td>1</td>
<td>.2</td>
<td>2</td>
<td>.4</td>
</tr>
<tr>
<td>Nose (42), Nose – big (1), Nose – birthmark (1), Nose – large, hooked, broke when 8 (1)</td>
<td>45</td>
<td>8.2</td>
<td>Nose</td>
<td>4</td>
<td>.7</td>
<td>49</td>
<td>8.9</td>
</tr>
<tr>
<td>Skin (3), Skin – rash (1)</td>
<td>4</td>
<td>.7</td>
<td>Skin</td>
<td>2</td>
<td>.4</td>
<td>6</td>
<td>1.1</td>
</tr>
<tr>
<td>Skin - dark</td>
<td>2</td>
<td>.4</td>
<td>Skin – dark (1), Skin – tone (1)</td>
<td>2</td>
<td>.4</td>
<td>4</td>
<td>.8</td>
</tr>
<tr>
<td>Teeth (15), Teeth – overbite (1)</td>
<td>16</td>
<td>2.9</td>
<td>Teeth (6), Teeth - broken tooth (1)</td>
<td>9</td>
<td>1.6</td>
<td>25</td>
<td>4.5</td>
</tr>
<tr>
<td>--</td>
<td></td>
<td></td>
<td>Thighs</td>
<td>1</td>
<td>.2</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Too fat/overweight</td>
<td>92</td>
<td>16.6</td>
<td>Too fat/overweight</td>
<td>53</td>
<td>9.6</td>
<td>145</td>
<td>26.2</td>
</tr>
<tr>
<td>Too thin/skinny</td>
<td>23</td>
<td>4.2</td>
<td>Too thin/skinny</td>
<td>25</td>
<td>4.5</td>
<td>48</td>
<td>8.7</td>
</tr>
<tr>
<td>Walk (1), Limp (1)</td>
<td>2</td>
<td>.4</td>
<td>Walk (1), Walk - from arthritis (1)</td>
<td>2</td>
<td>.4</td>
<td>4</td>
<td>.8</td>
</tr>
<tr>
<td>Wearing glasses</td>
<td>25</td>
<td>4.5</td>
<td>Wearing glasses</td>
<td>29</td>
<td>5.2</td>
<td>54</td>
<td>9.7</td>
</tr>
<tr>
<td></td>
<td>420</td>
<td>79.7</td>
<td></td>
<td>333</td>
<td>75.7</td>
<td>753</td>
<td>68.3</td>
</tr>
<tr>
<td>ASPECT 1 TOTALS</td>
<td>527</td>
<td>100.0</td>
<td>ASPECT 2 TOTALS</td>
<td>440</td>
<td>100.0</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 28) Combined Appearance Aspects Lists 1 and 2 of Childhood/Adolescence
Appearance-related aspects of adulthood.

Two sections on the questionnaire requested that respondents list all aspects of appearance-related teasing items that pertained to them as adults. As in the previous section about appearance-related teasing items pertaining to childhood/adolescence, respondents again had the opportunity to rate up to two of those aspects (or others not listed) as to how often the teasing occurred and the effect of the teasing also based on a five-point scale structured similar to the Perceptions of Teasing Scale (Thompson, Cattarin, Fowler, & Fisher, 1995). Choices for rating the frequency of the perceived teasing items included 1) Never, 3) Sometimes, or 5) Very Often. Choices two and four had no descriptors. Choices for rating the effect of the perceived teasing items included 1) Not Upset, 3) Somewhat Upset, or 5) Very Upset. Choices two and four had no descriptors.

The most common appearance-related items listed for both Appearance Aspects 1 and 2 for Adulthood were “Too fat/overweight,” as in the Childhood/Adolescence sections, with an occurrence of 102 times for Aspect 1 and 49 times for Appearance Aspect 2; these comprised 18.4% and 8.8%, respectively, of the total list. The total for “Too fat/overweight” was 27.2% overall. In other words, respondents listed “Too fat/overweight” as that appearance-related aspect that occurred most often during their childhood and adolescence more than one-quarter of the time and as that appearance-related aspect that occurred most often during their adulthood also more than one-quarter of the time. Other frequently listed items were “Breasts” or breast-related items (e.g., “Breasts – little” or “Breasts – big”) for 13.7% and “Buttocks” or buttocks-related items (e.g., “Buttocks – big” or “Buttocks – flat”) at a total of 7.1%. “Height,” “Height – short,” and “Height – tall,” were also listed quite often for a total percent of 6.9, as was “Facial hair,” and “Facial hair – moustache” for a total of 4.0. Table 29 contains a listing of all Aspects 1 and 2 reported by respondents for Adulthood.
<table>
<thead>
<tr>
<th>Adult Appearance Items</th>
<th>Freq</th>
<th>Percent</th>
<th>Adult Appearance Items</th>
<th>Freq</th>
<th>Percent</th>
<th>Total Freq</th>
<th>Total Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acne</td>
<td>3</td>
<td>.5</td>
<td>Acne</td>
<td>4</td>
<td>.7</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Arms</td>
<td>2</td>
<td>.4</td>
<td>Arms (hairy)</td>
<td>4</td>
<td>.8</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Breast (1)</td>
<td></td>
<td></td>
<td>Breasts - big (11)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breasts – big, breasts were reduced at age 37 (1)</td>
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<td>Breasts - little (11)</td>
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<td>Feet – bunions (6)</td>
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<td>13</td>
<td>2.4</td>
</tr>
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<td>Hair – blonde (1)</td>
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<td>Hair – frizzy (1)</td>
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<td>Height – short (7)</td>
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<td>5.1</td>
<td>Height – short (7)</td>
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<td>1.8</td>
<td>38</td>
<td>6.9</td>
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<tr>
<td>Hips</td>
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<td>Jaw line</td>
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<td>Legs - spider veins (1)</td>
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<td>Mouth</td>
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<td>--</td>
<td>1</td>
<td>.2</td>
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<td></td>
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<tr>
<td>Nose (12)</td>
<td>13</td>
<td>2.4</td>
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<td>14</td>
<td>2.6</td>
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<td>Nose - large, hooked (1)</td>
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<td></td>
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<td>Skin</td>
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<td>.6</td>
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<td>Teeth</td>
<td>3</td>
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<tr>
<td>Teeth – overbite (1)</td>
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<td></td>
<td></td>
<td>1</td>
<td>.2</td>
<td></td>
<td>.2</td>
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<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Too fat/overweight (101)</td>
<td>102</td>
<td>18.4</td>
<td>Too fat/overweight (1)</td>
<td>49</td>
<td>8.8</td>
<td>151</td>
<td>27.2</td>
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<tr>
<td>Too fat/overweight - &quot;I got a gastric bypass 2 wks ago to solve problem - March 23, 2001.&quot; (1)</td>
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<td>Too thin/skinny</td>
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<td>1.6</td>
<td>Too thin/skinny</td>
<td>9</td>
<td>1.6</td>
<td>18</td>
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<tr>
<td>Wearing glasses</td>
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<td>Wearing glasses</td>
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<td>.4</td>
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<td>.8</td>
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<td>271</td>
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<td></td>
<td>380</td>
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<td></td>
<td>651</td>
<td>91.9</td>
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<td>ASPECT 1 TOTALS</td>
<td>489</td>
<td>100.0</td>
<td>Aspect 2 Totals</td>
<td>598</td>
<td>100.0</td>
<td>651</td>
<td>91.9</td>
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<td>No, I wasn’t teased</td>
<td>219</td>
<td>44.6</td>
<td>No, I wasn’t teased</td>
<td>219</td>
<td>36.5</td>
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</tr>
</tbody>
</table>

Table 29) Combined Appearance Aspects Lists 1 and 2 of Adulthood
Part Four: Results of Thematic Analysis of Open-Ended Responses

Open-ended analyses.

The open-ended data (respondents’ written answers to the open-ended questions) were analyzed thematically. Respondents were asked “Please take a few minutes to tell us about a particular teasing incident or type of teasing about any aspect of your appearance or weight that happened to you. Put in as much detail as you are comfortable with. Please feel free to use additional paper for your answers”.

The following three sets of items appeared on the last page of the questionnaire:

Open-ended responses from open-ended items.

1. Describe your most vivid teasing memory. (Include what you were teased about, your age, who teased you, & when and where it occurred).

2. In the teasing incident described above: How did it make you feel at the time it happened? (For instance, were you angry, did it make you cry, did you find it funny?). Looking back, how do you feel about it now?

3. How did you cope with the teasing incident? What did you do or say at the time? What was the result? Over the course of your lifetime, have you developed any strategies to help you cope with any similar teasing incidences? If so, how do/did they help?

Spelling and grammar were corrected in some cases for readability only. Suggestions for possible teasing aspects appear in italics for cases in which a teasing incident is indicated without a teasing type description. These teasing possibilities were determined from the respondent’s answers to the Appearance Teasing sections of the questionnaire, and were carefully considered by the researcher; they were deduced from the respondent’s answers and were not simply guesses by the researcher. All replies to the open-ended questions were recorded for this study. They were divided into four sections: Appearance- and Weight-related responses (N = 354), Non- Appearance-related responses (N = 39), Non-Specified Teasing/General Comments (N = 23), and Not Teased/Cannot Remember/No Response (NR) (N = 143). Only the Appearance- and Weight-related responses were examined for themes because these were considered relevant to this research; the responses of Appearance- and Weight-related items can be found in Appendix B. The other three types of responses can be found in Appendices C, D, and E.
Table 30): Open-ended Results Categories, Frequencies, and Percents

<table>
<thead>
<tr>
<th>Open-ended Category of Response</th>
<th>Frequency and Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance- and Weight-Related Teasing Overall</td>
<td>353 63.3%</td>
</tr>
<tr>
<td>Non-Appearance Teasing</td>
<td>40  .07%</td>
</tr>
<tr>
<td>Non-Specified Teasing/General Comments</td>
<td>23  .04%</td>
</tr>
<tr>
<td>Not Teased/Cannot Remember/No Response (NR)</td>
<td>143  25.6%</td>
</tr>
<tr>
<td>Total Responses</td>
<td>559 100.0%</td>
</tr>
</tbody>
</table>

Items were designated as Appearance- or weight-related if they referred to specific body parts (e.g., nose, arms, hair, face, teeth), body size (e.g., weight, height), clothing, body movement (e.g., walk, gait), or attractiveness/ugliness in general. Items deemed non-Appearance-related included speech, first or last name, ethnicity (unless it regarded visibility of skin color and an implication of race or national origin), intelligence, family financial status, age, or gender.

The open-ended responses were required to be Appearance- or weight-related teasing incidents, and it was from these responses that themes emerged. Respondents were free when replying to the questionnaire to describe any type of appearance- or weight-related teasing incident they had encountered and to give details about the nature and effect of that experience.

Appearance- and weight-related teasing responses from the open-ended data.

Appearance- and weight-related teasing responses provided by the open-ended segment of the questionnaire revealed several recurring themes or overall impressions. Themes are discussed in three sections according to the specific items in the three open-ended response topics.

Open-ended Item 1 - Describe your most vivid teasing memory. (Include what you were teased about, your age, who teased you, & when and where it occurred).
The most apparent themes to emerge from this section dealt with weight, admonitions to diet and lose weight, and rude comments about body weight and size. Other prominent themes concerned specific body parts, such as breasts, buttocks, and hips. Since many of these reports occurred during childhood and adolescence, it was possible that pubertal changes in the body could explain an increase in teasing as well as more emotion connected to the incidents. Teasing about developing breasts and hips may be obvious targets for young girls.

Attractiveness (or lack of attractiveness) was an overlying theme for the entire section. Numerous accounts included name-calling and overall rejection of the teasing target. Anger and hurt emotions seemed a constant thread running through the reports. Another outstanding feature was the number of respondents who gave actual names of the teasers and where they lived.

Examples of responses from the results of the open-ended items included the verbatim response from one respondent (#0023) who described teasing during her pubertal years as thus:

1. “From ages of 8-13, I was teased because I was several inches taller, had developed bosoms and was having my menses (age 9). This caused much embarrassment due to my maturing body no longer appropriate to the games (high swinging, jump rope, somersaults, etc.) that little girls can usually play with abandon at early ages. I tried to wear sweaters (lg.) to disguise my body and cried myself to sleep at night. I was taller than my classmates, appeared many years older, and also weighed more than even my teachers.

2. I was extremely withdrawn, preferred solitude, and constantly embarrassed. My mother would not let me wear a bra because I was not OLD enough, didn’t explain menses, just told me what to wear. I thought I was dying for 2 more years until my older sister matured and my mother shared what was happening and my sister told me. I now feel sad for the time robbed from me to fully enjoy my elementary years.

3. Teachers would describe me as a great student yet shy. I’ve often noticed that if a child is academically proficient - the system overlooks the “dysfunctions” - referring to them as a “great student,” such a “good” girl, “never causes trouble,” “nice,” mature and kind. These things may be true but are also “techniques” to cloud what you are feeling - loneliness, fear, and the wish to be obscure. Reading books, drawing, writing allows solitude and withdrawal with “adult praise??”
The respondent quoted above describes teasing concerning her physical appearance and the pain it caused her. Her behavior in reaction to the teasing included withdrawal and solitude, embarrassment, and sadness. She coped with these feelings and the teasing by becoming withdrawn and, apparently, seeking solace in academic pursuits.

Another example of teasing that dealt with weight is the description provided by the following respondent (#0191):

1. "When I was 16 in high school we had a game day. I signed up to play softball, when it was my turn to bat; I hit the ball and ran to first base. On the sideline there was a bunch of boys making fun of me calling me fatty and look at that butt wobble.

2. At the time, I was very hurt. I felt like crying but I didn’t. Looking back at it now, I think it was a hurtful thing the boys said, but they were immature.

3. I said nothing and ignored the comments. Their attention went to the next batter. I have a more positive attitude today then I did at sixteen. I don’t like confrontation so I try not to make a nasty comment back, and continue any conversation. In reality most people tell me I look good and should not lose any more weight but I have a fat mentality. I’m not sure I would ever think I’m thin enough."

She discusses the humiliation of being teased for being overweight and the accompanying name-calling. Her reaction at the time was emotional; she was hurt, but kept herself from crying. She coped by saying nothing to defend herself and the teasers simply moved on to the next person. This respondent possibly has internalized the notion of the ideal standard of thinness in American culture, that fat is bad and thin is good because she describes herself as having a “fat mentality,” although people tell her she looks good.

Another weight-related account by Respondent #0046 is provided in the following:

1. “I just remember mostly by my family, being called “pleasantly plump.” Most friends never teased and only a few classmates. I always felt heavy but when I look at pictures, I really wasn’t.

2. I cried when my family teased and felt angry. I still feel anger but I’ve pretty much gotten over it.

3. I do wish I was thinner but I do realize that is just a small part of me. I am a great person. The weight is more my hang-up than anyone else’s.”
This respondent also endured teasing about her weight, but realized as an adult that she was not actually obese. She also reacted with anger and by crying. She coped by philosophizing that she is a good person and that her size is but one aspect of her as a whole.

Teasing for Respondent #0298 came primarily from her husband in her adult life. She said,

1. “My husband (83, 5’10”, college professor emeritus) teases me in front of other couples about how he used to be 6’5” before he married me. This generally happens at social events were someone will ask me how tall I am. Do not remembering it happening before I turned 50.

2. It made me feel about yea high and wanting to cry. Like I had been such a horrible wife and a large wife that I had more or less pulverized him into the ground. The feeling was always the same.
3. At the time I would smile but eventually told him it hurt. He said he was “doing it for me.” Have not been in that situation lately to see what he would do. I’m not a good coper but moved to the South about 2 ½ years ago and am trying to be more genteel. The Southerners very seldom say anything.”

On a separate sheet, this respondent added:

“My most vivid memory does not involve teasing as such. When I was a sophomore in high school, our school was going to make an appearance on Dick Clark’s American Bandstand. My boyfriend of then explained that he was taking his cousin rather than me because I was too tall, too big, and didn’t have the right clothes. I told him I “completely understood” because at that time my adoptive mother had spent years explaining how I was too tall, too fat, too ugly and too dumb to ever get a man. I remember being “slightly hurt” but I felt it was my obligation to not embarrass him or my high school. Today, I am furious!”

The theme that a respondent was denied something due to her physical appearance emerged from several respondents. Often the alleged teasing was delivered directly and without taunting, more in the form of an insult.

Teasing with debilitating results from Respondent #0419, who indicated on the survey that she weighs 500 pounds, putting her in the superobese category.

“At age 12 a boy asked to be my boyfriend as a JOKE. The whole school had a laugh at my expense. I was devastated! I cried for days and closed off a part of myself to avoid ever being hurt again. I lost all trust in other people. I have been severely depressed most of my life and never got over the many terrible things people have said to me. At this stage in my life I am virtually reclusive to avoid public ridicule.”
Open-ended Item 2 - In the teasing incident described above: How did it make you feel at the time it happened? (For instance, were you angry, did it make you cry, did you find it funny?). Looking back, how do you feel about it now?

As in the first item, anger and hurt feelings emerged as a constant theme. Very few respondents saw any humor in the incidents. Many of the teasing incidents occurred during childhood and adolescence, at a time when hormonal changes take place and when emotions may peak easily. Therefore, perceptions of teasing may take on exaggerated importance in youth. Many respondents looked back on the incidents with a more distant, philosophical, much less emotional outlook. They had matured and so had their perceptions of what had transpired. On the other hand, many others still felt the sting of the teasing comments; many respondents still felt angry or hurt decades beyond the incidents. Respondent #0614 wrote this about how teasing can hurt,

1. “Weight. 26 yrs old. Bathroom stall at work. I heard 2-3 co-workers who just entered bathroom say “Boy what a big fat cow Dan (my husband who worked in the same dept.) is married to. I wonder how she landed him and what does he see in her.” I had gained an extra 45# after two consecutive pregnancies.
2. It made me cry. They didn’t know I was in there. It hurt very much and still does when I think of it. It seems to always stay with you. Also makes you insecure. (I know they were trying to hustle him).
3. I told my husband. He told me he liked just the way I was and they didn’t see my inner beauty and they had nothing. I try to ignore it (the snickering, the innuendo’s or the blatant, “I see you haven’t lost any weight” or “You’re just as fat as you were before”) or chuckle and say, “Yes, food loves me it doesn’t want to leave.”

Open-ended Item 3 - How did you cope with the teasing incident? What did you do or say at the time? What was the result? Over the course of your lifetime, have you developed any strategies to help you cope with any similar teasing incidences? If so, how do/did they help?

Reactions to the teasing included themes of acceptance (respondents blamed themselves, sought excuses for the teasers, or tried to justify the remarks), some teasing targets fought back with violence (verbal retorts or physically striking the teasers), or some sought revenge, and some respondents seemed to possess an ability to ignore it or laugh it off. Many
respondents reported that they cried at the time it happened; others also ran home to parents for comfort or justice.

Only a few respondents provided any detailed strategies for coping with teasing occurring over their lifetime. Most mentioned that they had resolved the incidents; they realized as adults that children tease and that things change when one becomes an adult. Others, however, did not share that philosophy and thought that the world was a very cruel place. Several respondents reacted to being teased as children by committing themselves to treating other people with more compassion than they had received.

Of respondents who appeared to accept blame for the teasing against them, especially concerning weight or body size, many indicated that they had lost weight or were trying to lose weight – “I haven’t had anymore teasing since w/ my wt because I am at normal wt now.” These admissions apparently provide an intended justification or explanation for the teasing and the reason it stopped. Respondent #0918 related this,

1. “My spouse said, “Let’s face it, you’re fat.” At the time I was about 30 pounds overweight,
2. I was extremely hurt and later angry.
3. I suppressed my feelings. I have lost 30 pounds recently and am aiming to lose 7 more pounds and I’ll still be somewhat overweight, but acceptable to me."

The results of the quantitative analyses, the research questions, and the open-ended questions seem to indicate that perhaps teasing relates to how these respondents perceive their body size and their self-esteem. Results appear to support the premise that teasing about weight and appearance occur in childhood and in adulthood and that this may impact perceptions of one’s self. The tendency was for those with larger body mass to have lower scores of body image and self-esteem than those with less body mass. When asked to list appearance items about which they were teased most often, respondents indicated weight-related teasing as most prevalent.

The open-ended questions requested narratives about incidents of teasing about appearance. Many respondents could recall these episodes from very early in their lives with great detail. For many respondents, the recollection of these memories about teasing brought
back painful memories and feelings. Teasing came from close friends and family members, from teachers and other authority figures, from co-workers and playmates, and from husbands and boyfriends. Teasing did not appear, in general, to simply exist as a normal part of growing up for many of these respondents.
Teasing may not be simply a part of growing up that is conveniently forgotten by adulthood. Indeed, the results of this research study indicated that incidents of teasing have long lasting effects and often remain in one’s memories far into adulthood.

The primary focus of this study was to examine the relationship of weight-related teasing with body image and self-esteem of adult females, with the additional exploration of a proneness to hurt feelings. These perceptions were investigated among women of various body sizes, from underweight to morbidly obese. The main premise, that weight-related teasing would occur with greater frequency than other types of appearance-related teasing and have greater impact on self-esteem and body image (appearance evaluation only, not appearance orientation), seemed apparent, particularly when combined with the real-life descriptions of teasing provided by many of the respondents. In this study, the quantitative measures, frequency of teasing items, and open-ended anecdotal accounts all suggested a tendency toward weight-related teasing as a highly common and negative phenomenon in at least one segment of American society, and an important bias to investigate.

This research, and other studies pertaining to the teasing and proneness to hurt feelings phenomenon, is necessary for the healthy development of children and adolescents and for whatever impact it has on one’s body image and self-esteem. Teasing that is directed toward one’s appearance, and weight and body size in particular, seems to be tolerated more than does negative commentary with respect to race or ethnicity, or gender. While it is not feasible to compare the results of this research with studies on race or gender, these data did reveal relationships between appearance evaluation, self-esteem, hurt feelings, and perceptions of
teasing. The open-ended responses described many negative emotional aspects related to being teased. When teasing has the potential to influence how people see themselves and how they progress through their lives, it becomes an important issue that deserves attention.

Conclusions

The survey results included quantitative instruments, lists of frequency of types of teasing, and open-ended descriptions of particular teasing incidents. Briefly, lower levels of body image and self-esteem were related to relative body size (Body Mass Index), with the largest women experiencing the lowest levels of each (see Tables 15, 16, and 17 for example). The greatest differences in perceptions of teasing were between the smallest and largest of the BMI categories (i.e., underweight and morbidly obese categories). Women in the normal size category had much less in common with women in the overweight, obese and morbidly obese categories.

Three methods used in this study all supported the main premise that weight-related teasing would occur more frequently than other types of appearance-related teasing and with greater impact on self-esteem and body image appearance evaluation than other types of teasing, including other types of appearance-related teasing. Results also indicated that greater body size was related to greater negative impact on self-esteem and body image.

The practical significance of the self-esteem and teasing results in Hypothesis Two are debatable. While statistically significant, they lack a strong relationship between any of the variables, with the exception of body image evaluation and self-esteem in Hypothesis One. These results may suggest a further examination of relationships between the variables to verify their connection. Another possibility may be the use of additional measures of self-esteem that focus on specific aspects of self-esteem as opposed to this global measure.

Regarding the significance of self-esteem and Body Mass Index, respondents with the larger BMI had lower self-esteem. This may be explained by the cultural standards of appearance that emphasize thinness. If one is far from this norm, self-esteem may be compromised. Many women base their self-esteem on their relative body size; indeed, the strongest correlation was between appearance evaluation and self-esteem.
Those with higher reported levels of teasing during childhood and adulthood were expected to report lower levels of self-esteem and body image. A study of body image by Schwartz, Phares, Tantleff-Dunn, and Thompson (1999) revealed a correlation between parent’s teasing about weight and daughter’s body image, such that the greater the occurrence of teasing, the lower was the daughter’s body image. In this current study, this was supported by the results of the Body Mass Index with the appearance evaluation and self-esteem; the morbidly obese, in particular, revealed the lowest scores. The morbidly obese also revealed greater frequency and effect of perceptions of teasing than the other four body size groups.

**Quantitative results.**

Discussion of the results begins with the four hypotheses. Hypothesis One was stated thus:

**Hypothesis One (H1): In all respondents, lower levels of body image will be associated with lower levels of self-esteem, higher levels of proneness to hurt feelings, and higher levels of perceptions of teasing.**

The Appearance Orientation subscale of the body image measure was not related to any other variable. The mean was 42.93, with a minimum score of 15 and a maximum score of 60 (N = 556). These scores overall were above the midpoint of the scale of 36, between “neutral” and “important.” Possible reasons for this apparent lack of respondents’ concern overall with investment in their appearance might be attributed to mixed messages they received from teasing experiences in general. In other words, respondents in this sample may have been more highly focused on their emotional reactions to negative comments about their body size and less focused on good grooming or the amount of time taken to maintain their appearance, for example. It may be that, for this sample, the importance of appearance simply involved mixed feelings, complicated by negative signals from teasing and the stigma of obesity. It is possible, also, that respondents reacted to or coped with teasing by minimizing the importance of their bodies; indeed, this may have been a defense mechanism or a way for them to protect themselves emotionally from the hurtful effects of the teasing by telling themselves that it does
not matter. Further examination of this phenomenon in subsequent studies might provide a clearer, more direct explanation.

However, the Appearance Evaluation subscale of the body image measure was related to other variables. Appearance Evaluation was substantially positively related to self-esteem \((r = .508 \text{ and } p = .000, N = 547)\); moderately negatively related to proneness to hurt feelings \((r = -.325 \text{ and } p = .000, N = 548)\); and moderately negatively related to all four aspects of perceptions of teasing (weight-teasing frequency perceptions in childhood/adolescence, \(r = -.329 \text{ and } p = .000, N = 546\); weight-teasing effect perceptions in childhood/adolescence, \(r = -.347 \text{ and } p = .000, N = 546\); weight-teasing frequency perceptions in adulthood, \(r = -.424 \text{ and } p = .000, N = 545\); and, weight-teasing effect perceptions in adulthood, \(r = -.440 \text{ and } p = .000, N = 544\)).

Essentially, as respondents' body image appearance evaluation decreased, so did their self-esteem. The strongest tendency was for lower body image to relate directly to lower self-esteem. A moderate tendency for proneness to hurt feelings also related to body image appearance evaluation, meaning that lower body image related to having more of an inclination to hurt feelings. Perceptions of teasing for childhood/adolescence and adulthood on both the frequency and effect of the teasing about weight also produced a moderate relationship with body image appearance evaluation. Those respondents with lower body image appearance evaluation tended to also have more perceptions of teasing about weight from childhood/adolescence and adulthood. They reported more frequent teasing and with greater effect as body image decreased. Weight-teasing frequency and effect appear slightly greater in adulthood perceptions of teasing than in childhood/adolescence.

Given the stigma of obesity, a likely explanation for the relationships of body image evaluation with self-esteem, proneness to hurt feelings, and perceptions of teasing may be that respondents are aware of this stigma and realize the unpopularity of being overweight or obese. The significant substantial positive relationship (Pearson Correlation: \(r = .508, p = .000, N = 547\)) between the Appearance Evaluation subscale of the body image measure and self-esteem was expected. These two self-perceptions may be closely linked to how women see themselves,
especially given the expectations of the culture and the notion of one’s self-worth evaluated by an attractive appearance.

The slightly higher perceptions of teasing in adulthood may be attributed to maturation and life’s experiences. As children, respondents may not have possessed the same level of awareness of teasing and obesity that they would learn by adulthood. In spite of the possible limitations of subjective memory and recall after many years, a comparison of adult and childhood perceptions of teasing indicated a slightly greater frequency and effect for adults. The relationship between perceptions of teasing and body image (appearance evaluation) was negative, meaning that lower body evaluation was associated with greater perceptions of teasing. One would expect adults to have greater awareness of the cultural implications of teasing and weight. It cannot be determined in this study, however, if appearance evaluation is a function of perceptions of teasing or vice versa.

Discussion of Hypotheses Two and Three are combined as follows:

**Hypothesis Two (H2) and Hypothesis Three (H3):** In all respondents, lower levels of self-esteem and higher levels of proneness to hurt feelings will be associated with higher levels of perceptions of Weight Teasing.

Hurt proneness and self-esteem were moderately, but negatively, related ($r = -.437$ and $p = .000, N = 541$). Respondents’ tendency was an increase in proneness to hurt feelings as self-esteem decreased. It may be that when one has lower self-esteem, one also tends to be more prone to having one’s feelings hurt. Self-esteem was negatively related to perceptions of weight-teasing frequency ($r = -.260$ and $p = .000, N = 549$) and effect ($r = -.278$ and $p = .000, N = 549$) in childhood/adolescence. Self-esteem was moderately negatively related to perceptions of weight-related teasing frequency ($r = -.328$ and $p = .000, N = 548$) and effect ($r = -.351$ and $p = .000, N = 547$) in adulthood. This phenomenon may reflect greater awareness of the impact of teasing by adults. This also seems logical in a culture in which the stigma of obesity is prevalent.

Similarly, proneness to hurt feelings also was positively related to low weight-teasing frequency ($r = .275$ and $p = .000, N = 550$) and effect ($r = .287$ and $p = .000, N = 550$) perceptions
in childhood/adolescence. Proneness to hurt feelings was moderately positively related to weight-teasing frequency ($r = .304$ and $p = .000, N = 549$) and effect ($r = .344$ and $p = .000, N = 548$) perceptions. Because weight-teasing frequency and effect appeared slightly greater in adulthood perceptions of teasing than in childhood/adolescence, with a greater tendency for hurt proneness associated with greater perceptions of teasing, this, too, is likely due to greater awareness of teasing as adults.

Possible explanations for the slightly higher perceptions of teasing in adulthood may be a greater awareness of the impact of teasing over a greater lifespan, or perhaps a greater accumulation of teasing experiences. It may be that weight-related teasing in childhood and adolescence persisted into adulthood for many respondents.

In an earlier study, Leary, Springer, Negel, Ansell, and Evans (1998) examined hurt feelings and discovered that being teased was reported by subjects, but less frequently than other items, such as betrayal, active and passive disassociation, and being unappreciated. Hurt feelings were also rated as a function of impacted aspects of the victim’s self (how well perceived hurt feelings correlated with reported hurt feelings on different aspects) and findings included self-relevant domains such as appearance, although social desirability, intelligence, and attitudes occurred more frequently. The researchers provided a footnote in which they stated that female victims accounted for all instances of hurt feelings related to physical appearance. However, the actual physical appearance of the participants was not a criterion. If body size of participants had been a variable, the impact of physical appearance may have had greater significance, based on information available about the stigma of obesity and cultural standards of thinness in American society.

A discussion of Hypothesis Four concerns the differences in mean of the aforementioned variables and respondents’ Body Mass Index (BMI).

**Hypothesis Four (H4): Larger relative body size will be associated with higher perceptions of teasing, lower levels of body image, lower levels of self-esteem, and higher levels of proneness to hurt feelings.**
Essentially, the morbidly obese group was isolated from the other four BMI categories for each univariate analysis, perhaps indicating that weight-teasing experiences for those with the greatest Body Mass Indices may have been more frequent and severe based on their relatively greater size. These results suggest that the morbidly obese group, followed by the obese group, endured more teasing than those with smaller BMI, and that they had experienced more teasing about their weight or size than any other group. Results also suggest that the differences between the morbidly obese category on Appearance Evaluation and Self-Esteem and the other categories may indicate that the morbidly obese could be more aware of their deviation from the ideal standard of thinness and that their self-esteem reflects this knowledge.

*Research questions.*

Conclusions about the Research Question analyses supported the premise that weight-related teasing was more prevalent than other types of appearance-related teasing (non-weight-related teasing). Respondents listed weight-related teasing as that appearance-aspect occurring most often during their childhood and adolescence over 25% of the time (see Tables 25-28). While this is not surprising, the conclusion is clearly that appearance is important in our culture; girl's body size and breasts (17%) were the most frequent targets of teasing. These results were similar to the experiences of adult women, in which weight and body size were given most often (27.2%) out of the total responses. Again, breasts (13.7%) were listed second to body size, with buttocks (7.1%) listed third. These results are significant in terms of how girls and women are perceived in our culture, the conclusion being that females are judged from childhood to adulthood on how much they weigh, how developed their breasts are, and whether or not they have other body parts consistent with the ideal body size. When these parts do not fit the ideal standard, they appear to be easy targets of ridicule.

*Open-ended questions.*

The responses to the open-ended items on the open-ended section of the survey revealed many of the emotional aspects of being a target of teasing. Teasing incidents related to weight were expected to be described as having been more emotionally painful than those
related to other aspects of appearance, including other types of appearance-related teasing, and non-appearance-related teasing. This was not necessarily the situation; however, many painful and poignant recollections of teasing incidents were described involving various appearance-related aspects of these women, as well as numerous weight-related teasing events.

It was believed that overweight and obese women would report more incidents of weight-related teasing than underweight or normal-weight women. One drawback to these results is that no attempt was made to separate responses by size category. For instance, the researcher did not analyze results of those recalling incidents of weight-related teasing according to the weight and height measurements given in the survey. Therefore, the responses reported here are not categorized by the respondent’s Body Mass Index. It is important to keep in mind, though, that many of the teasing incidents were childhood memories and respondents may fall into a different body size category as adults. What is significant is that these incidents happened at all and that they are subjective perceptions of one’s weight and body aspects. What signifies fat to one teaser at any point in time may not be the same for another; and, what is perceived as teasing by one respondent may not be the same for another. The experience of teasing about one’s appearance was the goal of the open-ended questions and a good proportion of them did relate to teasing about weight or body size.

The most striking aspects of the open-ended responses were the details of teasing incidents that respondents were able to recall from incidents that may have occurred several decades ago, and the strong feelings of hurt and rejection still experienced by many of the women. Apparently, these teasing incidents impacted their lives greatly. Many of the written responses clearly indicated strong emotions. The most common reactions at the time of the incidents were crying and anger. Several women wrote quite detailed accounts of a teasing incident and the impact to their lives. Many respondents were able to see humor in the incidents that were hurtful at the time they happened.

Acknowledging that the important themes emerging from the responses to these questions are subjective and that the interpretations given in this study are those of the researcher, there appeared to be several recurrent items throughout the open-ended responses.
One theme included reports of hurt feelings, rejection, and fear. Respondents discussed the negative impact of teasing received from family and friends, as well as from schoolmates. Often, the rejection and hurt feelings were intensified by the closeness of the relationship of the teaser to the target, with greater impact felt from family and friends, and spouses. Respondents recalled how they were afraid to go to school because they anticipated more teasing. Frequently, the intent of the teaser had a mitigating effect on the teasing, but even teasing meant in fun was hurtful to the recipients.

Another category of themes dealt with how respondents perceived the effects of the teasing. Teasing had affected their lives as adults by rendering them more shy, introverted, depressed, or self-conscious than if the teasing had not occurred. Although these self-analyses could have elements of truth, it is impossible to verify these feelings based on the data contained in this research. It could, however, be relevant to try and assess these claims in further research, both quantitatively and qualitatively.

Lastly, a coping theme surfaced from the open-ended responses. How teasing recipients reacted to teasing fell into two general categories: anger and hurt, often resulting in crying and seeking comfort from a parent or friend, or a tendency to ignore the teasing and the teaser, or to laugh or tease back. Occasionally, respondents indicated a desire to retaliate, even after many years, either by seeking revenge on an equal level of hurt or by a humorous intent to embarrass the teaser.

Noteworthy in these responses is the openness with which respondents shared their teasing experiences. Some surveys were returned with no responses to the open-ended questions, and it cannot be determined if the respondent refused to share her experience or if she merely had no teasing experiences about which to write. However, a few respondents wrote that they were grateful for the opportunity to express themselves. Interestingly, one respondent took the time to call the researcher’s advisor and chastise her for allowing her student to conduct such an intrusive survey.
Limitations of the Study

Several limitations of this study are addressed below. Many of these reflect the nature of a mailed questionnaire; for instance, an investigator can not be absolutely positive that respondents have answered truthfully or that the intended target of the mailing is the actual respondent. Memories may fade or become distorted over time; the investigator assumes that respondents will remember incidents of teasing accurately. A low response rate may limit the results to this sample only. However, the results may be indicative of a larger population effect and might be replicated with the goal of obtaining a better response rate.

Despite the subjective nature of the researcher’s interpretation of the information contained in the open-ended responses, these teasing narratives provide an interesting and important foundation for a more in-depth examination of teasing based on obesity and body size. These “general impressions” can be pulled out through in-depth personal or focus group interviews.

Self-reporting.

Evidence reviewed in Chapter One indicated that self-reported body weights in mailed surveys pose a potential limitation when actual weights are higher than recorded. In this study, however, respondents were asked for height as well as current weight. From these measurements their Body Mass Index was calculated. Women from Underweight to Morbidly Obese were categorized according to the weight and height ratio. A tendency, if it occurred, for respondents to underestimate their actual weight in these questionnaires, would not pose much threat to the purpose of the study because of the range of body size categories used.

Sample bias.

An important concern with this study is the possibility of a biased sample. Since approximately 70% of the sample was overweight or obese, the opportunity exists for some bias. Respondents to the survey who described incidents of teasing may have differences from those who either had not been teased or who declined to relate incidents. Teasing targets may have been more highly motivated to respond to the survey than those who simply had not been a target of teasing in childhood/adolescence or adulthood. However, since weight-related teasing
was the focus of this study, the emphasis of responses naturally tended toward those respondents with experiences to share.

*Sensitivity of topic.*

Another limitation of the study concerned the possible sensitive nature of the topic, and several items in particular. Asking for weight was seen as offensive by only a few respondents, and they had the choice of leaving that response blank. Soliciting information about teasing apparently brought up painful memories for several respondents, but, this section was also optional. Some respondents did indicate that they preferred not to answer because of the delicate nature of the subject matter; however, others seemed eager to share their experiences.

*Subjective memory.*

Issues of recollection of memories of childhood and adolescent incidences of teasing are more difficult to assess; therefore, subjective memory was a potential limitation. Studies exist that describe inaccuracies in memory recall.

Hyman and Pentland (1996) investigated the role of guided imagery in increasing the chance of false memory creation, and discovered that participants in the experiment tended to remember a false event (i.e., the event was invented by the researchers and never happened to the participant). They formed a mental image of the false event and described it to the researchers. In addition to attempting to recall a false memory, it is possible to alter the memory of an event by introducing incorrect information after the event (Wright & Loftus, 1998). People incorporate the misleading information into their memory of an event and this becomes part of the recollection of the event although the additional details did not exist in the original occurrence.

Hyman and Loftus (1998) stated, "people construct a version of the past based on remaining memories, general schematic knowledge, and the demands of the remembering context" (p. 933). However, Anderson, Cohen, and Taylor (2000) found that older respondents had more stable recall of personal events than younger respondents, suggesting that the "retention interval" was not the only factor in whether or not a memory of an event remains accurate over time.
Thus, while it was possible that respondents in this study did not remember a teasing event with utmost accuracy, they may have remembered enough pertinent details about the incident, including how they felt at the time, who teased them, and what they were teased about, to justify this method as a means of gathering data in this research. It is unlikely that specific memories of a teasing incident were completely distorted and untrue. An interesting aspect of this segment of the study was how detailed and specific many respondents' teasing accounts from childhood and adolescence appeared even so many years after the event. Many respondents, well into middle age or elderly, recalled childhood and adolescent teasing incidents with considerable anger and emotion. For many, the teasing had made an indelible impact on their memories and had far-reaching consequences on their lives.

Response rate.

The response rate of the mailed survey was a potential limitation in this study. It was noted in Chapter Four: Results, that a response rate of 27.9% was achieved. According to Punch (2003), a problem arises when mailed survey response rates are obtained that fall below approximately 60%, however, the author does indicate that response rates of 30-40% are not uncommon in this type of survey research. Lee (1998) obtained a response rate of 33.6% (with a follow-up mailing) for a mailed questionnaire in her dissertation research. The limitation concerns whether or not the results are truly representative of the sample surveyed. Strategies to increase the response rate in this study were not possible due to limited time and funding. Second or third mailings might have rendered a better response rate. Given the vast amount of literature available that describes the nature and scope of obesity stigma and teasing in general, the findings of this study would suggest that there is certainly reason to continue research in this area.

Implications

The overall results from this study seem to imply that teasing based on weight-related aspects of girls and women are indeed prevalent in our culture. Many respondents wrote that they were trying to lose weight or that they were “working on it,” implying that they were apologizing for their weight or size. It is disturbing that many teasing targets felt responsible for
the cause of the teasing and seemed to justify it on behalf of the teasers. This attitude would tend to give support for those who believe that fat teasing is acceptable and that the obese are merely lacking in will power and have ability to control their weight.

Another implication of the results from this study reflects the overall amount of teasing about physical attributes in general. While weight-related teasing was most prevalent in this study, teasing about appearance and disabilities occurs frequently. Being wheelchair-bound or having a facial disfigurement apparently offers no protection from ridicule. It may be an implicit aspect of American society that teasing is acceptable when applied to any physical characteristic, abnormal or not. Proximity of the teaser to the target is also a concern since much of the teasing was perpetrated by friends, parents, siblings, authority figures (e.g., teachers, employers), in addition to persons unknown to the target of the teasing, as reported by the participants in this survey. It seems that parental education classes, outreach efforts by human development and family science specialists through state extension programs and schools, need to address issues of teasing with these various audiences.

These results might be utilized by health care providers, such as physicians, counselors, nutritionists, and nurses, to better understand the interactions between physical and emotional health and the patient’s self-perceptions. Prescribed treatments could be individualized based on a patient’s unique experiences, such as dieting behavior in the home environment, medical history, personality factors, or levels of stress or depression. An effective strategy for health care providers may be accepting the notion that healthy people come in all shapes and sizes (Gaesser, 1996), including obese, the stigma associated with being fat might weaken. Education and enlightenment about weight loss industry practices and related products, such as over-the-counter supplements, directed at health care providers and the public might foment better understanding of the limitations of these aspects of profit-oriented marketers and merchandisers (e.g., Fraser, 1997).

Increasing awareness of the potentially damaging effects of teasing on the self-esteem and body image of girls and women, particularly those who are overweight, obese, and morbidly obese (although many non-obese women are recipients of appearance-related teasing) could be
extremely beneficial to women’s and girl’s health and sense of self-worth. Strategies for teaching awareness of the negative aspects of teasing might include development of research using social psychological elements of attitude change and persuasion, and by exposing individuals and groups (e.g., school children, church groups, business and social organizations) to positive images of overweight and obese people in positions of importance. A nationwide Teasing and Bullying Resistance Education program, similar to the Drug Abuse Resistance Education (DARE) program, could be developed. Schools would take advantage of classroom activities in elementary through high school, such as role playing, performances, games, or other ideas to make teasing and bullying resistance education an enjoyable undertaking.

Teachers and education administrators might use the information from this study or national projects (e.g., “Hostile Hallways,” 2001) to better understand how children tease one another; this information might help teachers become more involved in avoiding teasing once they realized the potential for long-term emotional consequences. For instance, strategies such as the “Frames and Scripts” approach by Hoover and Olsen (2001) suggests methods based on social learning theory and verbal solutions to help teachers address teasing in school settings. Horn (2002) offers practical advice to adults to deal with bullies in numerous situations. Sports administrators and coaches could use these data to become more aware of the seriousness and consequences of teasing. They might use this knowledge to encourage more tolerant attitudes toward diversity of body types and to create sports agendas geared toward individual differences with emphasis on health and fitness instead of appearance.

New instruments to measure teasing and bullying are being implemented, such as the Teasing and Bullying Survey (TABS), developed by Bodin (2003) and the Child-Adolescent Teasing Scale (CATS) in development by Vessey, Carlson, and David (2003). In addition to new quantitative measures, structured and unstructured qualitative studies of teasing could enhance greater understanding of the intricacies of the teasing phenomenon. Teasing is a complex issue

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5 (often used interchangeably with teasing, but actually a broader category that includes teasing) (Dake, Price, & Telljohann, 2003).
and one that could benefit from a multilateral approach, using several methods of gathering data and information.

Further Research

The results of this study suggested that, indeed, teasing based on appearance, including weight, does create a potential for lower levels of self-esteem and body image in girls and women. Despite the limitations to this research described above, these results indicate that further similar studies or different formats might be worthwhile. For example, further research using methods of interviews, case studies, or focus group follow-ups would be worthwhile. The type of interviewing and variety of questions might provide more in-depth information about teasing incidents and respondents' feelings about these occurrences. It is possible that new perspectives on teasing could emerge from these interviews, as well as more effective measures to educate about or reduce the teasing in schools. Perhaps the social and psychological reasons and motivations for teasing could be better understood, such as the line between teasing for fun and teasing to hurt. Greater understanding of why people tease to inflict pain and hurt others could be immensely beneficial to preventing further teasing. Also, more in-depth analysis of the teasers and bullies could help to explain why this phenomenon occurs in our culture.

Further studies in teasing and bullying with regard to self-esteem and body image should include teasing pertaining to boys and men. It is likely that teasing among boys may have more violent tendencies and, thus, extremely tragic outcomes. It would be interesting to compare the teasing experiences of boys and girls in similar age groups and demographics. Similarly, investigation of teasing and weight among different ethnic groups within American society or within other countries and cultures might provide insight into this phenomenon.

This study used several quantitative measures to survey respondents about perceptions of teasing, body image, and self-esteem. Further research in this area might include using different instruments or combinations of instruments to provide a more well-rounded picture of the impact of teasing on various social psychological aspects of human beings. Both multiple and
simple regression, as well as both multiple and univariate analyses of variance, might illustrate how each of the variables included in this study contributes to overall perceptions of teasing and how they all related as a whole. The predictive nature of multiple regression might be useful in studying teasing and bullying behaviors in schools and among children in various situations and cultures.

Finally, further research could include an examination of effective methods of attitude adjustment and persuasion to guide changes in perceptions of body size and obesity and to help assuage teasing about obese and overweight individuals in our society. Researchers such as Cialdini (1993) and Petty and Cacioppo (1981) have explored different approaches to attitude change and persuasion through conditioning, modeling, attributes, self-persuasion, and exposure. Perhaps some of these methods could be applied to teasing resistance programs and tested for effectiveness. Time and effort are needed to assess the value of any of these methods aimed at changing attitudes of how society defines the cultural standard of ideal thinness and body size.

The idea that there is one ideal standard of thinness is outdated in view of the trend toward diversity in our culture. Just as discrimination against people based on race, gender, age, national origin, religion, sexual orientation, and other attributes is not to be tolerated, so should there be a zero-tolerance policy against discrimination toward people based on their relative body size. Laws against discrimination based on body size would offer some protection; however, the goal of changing attitudes and behaviors about people who are overweight or obese will take efforts from many segments of society.

The findings in this study certainly indicate that subsequent research relating these variables would be advantageous in examining the phenomenon of weight-related teasing and the effects on individuals and society as a whole.
LIST OF REFERENCES


Horn, S. (2002). *Take the bully by the horns: Stop unethical, uncooperative, or unpleasant people from running and ruining your life.* New York: St. Martin’s Griffin.


APPENDIX A

MAILING LIST AND RETURN RATES BY STATE
## Return Rates of Usable Questionnaires by State

### Mailing List 1
**Shoppers of Large-sized Apparel**

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<th>TOTAL RETURNED</th>
<th>RETURN RATE %</th>
<th>STATE CODE</th>
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<th>RETURN RATE %</th>
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APPENDIX B

OPEN-ENDED RESPONSES FROM OPEN-ENDED QUESTIONS

USABLE RESPONSES FOR APPEARANCE- AND WEIGHT-RELATED TEASING
USABLE RESPONSES FOR APPEARANCE- AND WEIGHT-RELATED TEASING

0002:
1. I was about 19 y/o. While telling my uncle, in his forties, I was a vegetarian, he looked at my body and said, “you don’t look like you’re a vegetarian.” I wasn’t overweight but at the time on the higher end of average for my ht.
2. It made me feel unattractive and fat at the time. I was angry and felt like crying. Looking back it still bothers me a little that he would be insensitive enough to say that.
3. At the time I just shrugged it off and kept it inside. Shortly after that I lost some wt and was now at lower end of wt for ht. I haven’t had anymore teasing since w/ my wt because I am at normal wt now

0005:
1. Playing softball - getting uniforms - no pants fit - 15 or 16. No one directly teased me but there were looks and probably talk behind my back in the gym. I had to go and buy special pants for me at store
2. Made me feel fat and depressed about myself. Now I could not care less about those insensitive students.
3. At the time I did nothing - too embarrassed.

0008:
1. At dance lessons, age 13, being slightly overweight - two boys came up to me and the girl beside me and both wanted to dance with her - not me. She was very thin. I was embarrassed and unhappy.
2. I was embarrassed and unhappy. Now, I could care less since neither boy was a prize as far as looks or brains.
3. I ignored it and the two boys involved, and went on with my life. It wasn’t that important looking back now, but it hurt at the time.

0012:
1. About age 13 my grandmother got me a dress that was above my knees. That day my knees were “ashy” and a classmate teased me about that and my dress in front of a lot of classmates.
2. I felt very angry and wanted to hit her. Now it’s something that I recall but no real feelings about it now.
3. At that time I want to fight. If I recall a teacher intervened. As I got older I learned to handle teasing situations in a more mature manner.

0023:
1. From ages of 8-13, I was teased because I was several inches taller, had developed bosoms and was having my menses (age 9). This caused much embarrassment due to my maturing body no longer appropriate to the games (high swinging, jump rope, somersaults, etc.) that little girls can usually play with abandonement at early ages. I tried to wear sweaters (lg.) to disguise my body and cried myself to sleep at night. I was taller than my classmates, appeared many years older, and also weighed more than even my teachers.
2. I was extremely withdrawn, preferred solitude, and constantly embarrassed. My mother would not let me wear a bra because I was not old enough, didn’t explain menses, just told me what to wear. I thought I was dying for 2 more years until my older sister matured and my mother shared what was happening and my sister told me. I now feel sad for the time robbed from me to fully enjoy my elementary years.

3. Teachers would describe me as a great student yet shy. I’ve often noticed that if a child is academically proficient - the system overlooks the “dysfunctions” - referring to them as a “great student,” such a “good” girl, “never causes trouble,” “nice,” mature and kind. These things may be true but are also “techniques” to cloud what you are feeling - loneliness, fear, and the wish to be obscure. Reading books, drawing, writing allows solitude and withdrawal with “adult praise??”

0029:

1. Dads always called me “horse,” “cow,” “moose,” or “tubby.” I was the oldest of six (w/in 7 yrs). I was the only one with very broad shoulders and developed very young. Age: 6-16. In retrospect looking at pictures I was quite thin - 7-9 in High School but have always had the “Fat” mentality. Always at home - mostly the kitchen where we congregated.

2. Very, very bad. Always self conscious. Don’t remember being teased by anyone except Dad and 2 little brothers. (And, 1st husband). Should have shrugged it off.

3. Was very introverted and scared of people. Feared reprisal outside of “safe” home environment. Ha. Ha. Teasing doesn’t bother me now but still can’t get grip on weight. Don’t feel as big now as I did then -when I wasn’t!

0031:

1. I developed breasts early and was made to feel that it was bad.

2. Embarrassed. I tried to hide them. I was wrong.

3. Now I look at other women and feel that they are the right size for me. Not too large, not too small. Back then I didn’t say anything.

0032:

1. When I was a kid, other kids teased because I was fat.


0046:

1. I just remember mostly by my family, being called “pleasantly plump.” Most friends never teased and only a few classmates. I always felt heavy but when I look at pictures, I really wasn’t

2. I cried when my family teased and felt angry. I still feel anger but I’ve pretty much gotten over it.

3. I do wish I was thinner but I do realize that is just a small part of me. I am a great person. The weight is more my hang-up than anyone else’s.

0050:

1. My two brothers teased me in a store about my feet cause they were big. I was 14. Va (Virginia).

2. I walk out of the store and started to walk to my brother’s house. I was crying. I still have big feet but my foot want up their ass.

3. All I do is ignore them and walk away.

0057:

1. Long ago, I’d say when I was around 12 or 13 I decided to go to a dance at the school. I was very excited though also hurt and disappointed when a group of boys made fun of me snickering and pointing my way. [Possibly weight or breast size.]
Looking back at it now, I realize, that it wasn't that terrible but I suppose unusual but then again I was 12 or 13 and everything seems magnified at that age. At the time I don't recall saying anything but instead held my feelings in check. I'm not sure this was wise because I was almost too shy and embarrassed to talk about certain things even to friends. My shyness also hurt me.

From ages 8 to 27 I was very thin. Friends, teacher, boss and other girls. Sometimes, I got angry, other times I laughed and forgot about it. Just laughed and kept inside of me. They stop after awhile. Got older and gain a little weight. Came back with a smart remark and they learned not to tease or make fun, or gave them a nasty look like, Don't call the kettle black or Don't throw stones at glass houses.

From ages 8 to 27 I was very thin. Friends, teacher, boss and other girls.

I was teased for having a large over bite. I was 14 and got teased on the school bus by upperclassmen. They used to hee-haw at me when the bus picked me up. I was called Mr. Ed in the hallways at school.

I was depressed. I had severe low self-esteem. I never went anywhere. I used to stay in my room and cry. It was a very good learning experience for me but it still hurts to this day.

In school it happened. I don't remember but I was elem. or middle school. [Possibly buttocks or breasts.]

When I was in fourth grade I "liked" a boy in the sixth grade shortly into the school year. I was friends with his sister who I told this to. One day the boy wrote me a "love" note saying, "roses are red, violets are blue, you are a dork and I don't like you." This boy, his sister and their friends made this clear all year. [Possibly about clothing, hair, or wearing glasses.]

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The boys in Jr. High school (7-9) used to tease me about being small breasted, calling me "Little Peaks." I was just a late bloomer.
2. It didn’t make me cry, but I was embarrassed and frustrated because I wished I could do something about it and knew I couldn’t. Looking back now - who cares what they thought. Saying those kinds of things proves they weren’t worth my time. But I realize I had low self-esteem at the time.

3. I just laughed it off because I wanted to have friends and fit in. They just kept at teasing. Over the course of my lifetime I have realized those people aren’t true friends and I try not to socialize with them. I have better self-esteem and try to surround myself with people who have positive attitudes.

0111:
1. When I was 17 and graduated from High School my girlfriend was very thin and always made me feel like I was chubby. Now when I look at pictures I realize I was a normal weight then and she was just being mean to me.
2. It made me feel self-conscious because it happened at a pool party and I was hesitant to go to the pool in my swimsuit.
3. I didn’t say anything to her. I just felt sort of self-conscious while at the pool. No one else made any comments because I really was not overweight at the time; it was just a “friend” being catty at the time, which sometimes happens during adolescence.

0116:
1. I received a phone call - where the caller said he (a lowered female voice) - wanted to meet me at the county fair. Even though I was very skinny and not very pretty. I was about 14 years old, terribly shy and no self-esteem or confidence in my physical appearance. The voice mocked me and was terribly rude. I was very uncomfortable with any attention at this age. The callers turned out to be 2 female classmates of mine.
2. I was terrified. I thought I could even smell fear. I cried and was physically ill. Now I see one of the individual at least once every 3 months. I can speak and be nice - I have forgiven but will never forget the hurtful thing they did to the shy/skinny girl I once was.
3. I coped because I had a loving and supportive mom, who wrapped in her arms - prayed with me and told me God would keep me safe. I accused the two girls (even as shy as I was) and they denied it. However they kept up the torment until I was 16 years old. One day one of the girls spit on me and I had had enough. I grabbed he by the front of her shirt and told her I would put my fist down her throat if she ever teased me again. She stopped. I was stronger and knew it. I never let teasing bother me as much after that I now knew… There are more important things to focus on. I started helping out others who were teased. I do to this day.

0126:
2. Very bad, angry most of the time. Never funny.
3. Yes, never said anything. Finally got over it.

0128:
1. I wasn’t teased much except by my brother. My mother constantly told me to lose weight. She nagged always that I could be pretty if only… I wouldn’t have dates… Everything hinged on weight. Truth - I was 15 to 20 lbs. overweight, was very popular, considered pretty and dated a lot.
2. I would get angry and often would hide in my room in tears after a negative remark.
3. I coped by being funny and hiding how insecure I was. There was no talking to my mother. My ego at 57 years of age is fragile, but 90% of the time I am fine with myself. Much counseling has helped my perspective of my worthiness. And I no longer feel anger at my mother - just total indifference and that is okay.
1. I was in 6th grade on the playground at school, so I was 11. Some girls in my class looked at my face, pointed toward me and called me "pimple face." I had early and severe acne - very bad - before there was any treatment.
2. Angry, and blushed, flushed face; wanted to cry, but if I did it would escalate and draw attention to me my skin problem which I did not want.
3. I tried to act as if I did not hear them, but I wanted to go to the teachers and let me go into the schoolroom to get out of sight. I wanted to cry but maintained control. My face flushed red. I did the same thing all my life. What else can one do? Get into a catfight is pointless and making smart remarks just brings me down to the teaser's level. I have developed esteem based on other things than my appearance.

1. Not being able to do gymnastic in gym class. 13-15 y/o classmates. [Possibly about overweight.]
2. Embarrassed. I was part of growing up. I learned not to let it bother me!
3. I was better than most classmates at other projects in class so it balanced out. I just accepted the teasing! I do not let it bother me, walk away from the situation.

1. Made fun of my big front teeth, grade school and high school. Said I looked like a beaver.
2. I was mad, cause they didn’t even know me. I was a fun person.
3. I told the kids that it wasn’t fair to make fun of some one. You don’t know anything about me. I was a good-hearted person.

1. Weight - friends, sister. All the time
2. Very upset, very upset.
3. NR

1. In 7th grade a boy I secretly liked sat behind me. I used to wear horn-rimmed glasses and had a large crooked nose. He teased me mercilessly, everyday calling me cat eyes and hook nose. Singing nasty songs about me in class.
2. I was devastated at the time. Now I think he was just an insecure kid with problems of his own. I was the one he took his frustrations out on. A few years ago he saw me shopping in his store and hit on me. When I told him who I was, he didn’t believe. I turned him down.
3. I ignored it. I never told my parents what a hard time I had at school. I didn’t want them to be embarrassed that I was not popular. I don’t actually get teased anymore. I've changed a lot. Ugly duckling to swan, so to speak. But I still feel like that ugly young girl inside. People compliment me often, but it's hard to accept their sincerity after all those years of being ostracized.

1. I was teased about my teeth as I had a bad overbite. I was in senior high school and about 17 yrs. old.
2. It hurt my feelings. It was terrible at the time and would still be today.
3. I didn’t say anything; I just walked away from them and didn’t let them know how I felt. I have since had my teeth straightened and I still handle things the same way.

1. When I was in high school, I was the “short” person. My peers and a couple of my teachers would tease me about it. But, it never went to the level of abusive teasing.
2. The teasing never really bothered me. I’m pretty self-assured. Besides there was nothing I could do to change the fact that I was only 5 ft. tall!
3. I still get a ribbing now and again. It doesn’t bother me at all. I simply respond with a laugh or one of the advantages of being short (I never bump my head anywhere ☺).

0145:
1. I used to cry easily and about 3rd or 4th grade, about 7 or 8, I can remember we’d line up outside before school began and talk etc. I didn’t have many friends and Bobby Perry and his group came up to me and started picking on me about my weight, that I lived in the country and liked country music etc. and I just sat down and started to cry which made it worse because then they’d tease me about that.
2. It made me bawl not just cry. It makes me a little angry to think that the teachers and adults there at the time never stood up for me or even attempted to reprimand the teasers.
3. I coped by keeping silent, by knowing to never let anyone see me cry. At that age and years later I never really coped well. I kept quiet and hoped they’d go away. As you grow up you learn that teasing like that is mean and you stop doing it in front of people, you wait till they’re back is turned with that in mind I delved into books and became smart so they’d have something else to talk about.

0163:
1. As a child we were very poor. I wore the best my mother could afford. I was teased about not having things and wearing old clothes. This was at about age 10 to 14. It hurt very much. At the time I did not understand because of being poor I was different from the others.
2. Yes it made me cry. No I did not find it funny. It made me feel very insecure.
3. As a result of the teasing I kept the hurt to myself and became somewhat introverted.

0164:
1. A nasty jock made fun of me in shop class and asked, “what do you weight, like 150 pounds?” when we were in the 7th grade. In fact I weighed 155. It made me feel very bad about myself.
2. At the time I was angry and hurt. Now it still makes me angry.
3. I told him no that I didn’t weigh 150 and then I just got quiet. There really was no result. Just try to ignore them. They don’t really help.

0171:
1. Just comments about the facial hair. Why do I have it, why don’t I do something about it.
2. Very upset because it came from having a hysterectomy at 27.
3. Just chalk it up to stupidity and make sure I have a clear face before I go out.

0174:
1. My first day of second grade, I was new and afraid. It was a group of four or five other girls. I sat, humiliated, in the back of the class for the rest of the year. [Possibly about overweight or clothing.]
2. At the time of the incident, I was completely humiliated. I wanted to fade into the wall and cry. Looking back now, I feel that I was weak and should have stood up for myself.
3. I coped with the incident by going home and crying to my mom. After crying, I felt the same. I now just ignore people, or block them out. Now I just pretend I don’t hear people any more, but sometimes I still go home and cry.
1. I was about 10 when Bobby Ortiz, a classmate of mine in grade school, said my legs were so fat that he couldn’t see my knees. He said I had no knees. This took place during free time in a class.

2. I was embarrassed because he said it in front of people and he kept saying it. It hurt my feelings and made me feel uncomfortable. I felt like crying but I didn’t. Now, I wish he could see me and see what a success I have turned into.

3. I might have said some nasty things back to him and told him to shut up. He kept saying things and so did I. Over my lifetime I have become more confident and independent to a point where people have not or will not tease me. As adults people are not really like that.

4. When I was 16 in high school we had a game day. I signed up to play softball, when it was my turn to bat; I hit the ball and ran to first base. On the sideline there was a bunch of boys making fun of me calling me fatty and look at that butt wobble.

5. At the time, I was very hurt. I felt like crying but I didn’t. Looking back at it now, I think it was a hurtful thing the boys said, but they were immature.

6. I said nothing and ignored the comments. Their attention went to the next batter. I have a more positive attitude today then I did at sixteen. I don’t like confrontation so I try not to make a nasty comment back, and continue any conversation. In reality most people tell me I look good and should not lose any more weight but I have a fat mentality. I’m not sure I would ever think I’m thin enough.

1. I always have had skin condition on my arms and legs. Other kids would tease me. I resorted to wearing long sleeves all the time. When exposed, kids would call me names, point me out, harassed. I withdrew from school and social events.

2. Like something was wrong with me, I was different. I cried a lot, refused to go outside without long sleeves or to parties. I only had a few friends who didn’t tease me, excepted me as is. I still prefer to have friends that still except me as is.

3. I didn’t cope. I withdrew emotionally, hide myself, wish it would go away. I always felt people judge me by my looks. But the good people don’t judge they accept. Those are the people I chose to have in my life.

1. I can only remember elementary school being called tubby and other kids laughing during school.

2. It made me cry! Now I think if I had the guts I have now - I would have found their Achilles heal - fight fire with fire!

3. I coped - because what other thing could you do - my mother also said to ignore those people - As I got older, less people were cruel - some just liked to torment so if ignoring didn’t work - I found their weakness such as baldness and told them that would be his name, “Baldy” from now on and it stopped!

1. When I was a 10 or 11 years old my classmates teased me because I was taller than everyone and the first girl to get breasts.

2. At the time I was shy and afraid and I felt as though I did not fit in and no one liked me. Looking back I still feel a little hurt about being teased about something I could not control.

3. I didn’t say or do anything. I didn’t let them see me cry either. They stopped eventually. If I am eased about my height now (I’m still taller than most women) I make a joke out of it and turn the comments around to tease the joker.
1. When I was in high school (age 16) I was called brillo head because my hair is so coarse. I was usually called this by friends.
2. I felt sad because there was nothing I could do about it. I wanted to have long straight hair almost my entire childhood/adolescent years. It no long bothers me because I now have great hair and was a hair model for years.
3. I laughed along w/my friend so they didn’t know they had hurt my feelings. Showing that emotion would have been embarrassing for me. Now, if someone says something I don’t like, I let them know the remark was unnecessary and don’t do it again.

0228:
1. Family was poor, so I didn’t have new clothing and things other girls had as I grew up school age.
2. Hurt. I know my family gave as best they could.
3. NR

0235:
1. When I was 15 I had a crush on a guy and because I was dark skinned, he called me a name in front of his friends at school and they all laughed.
2. My feelings were hurt for a split second. I told him and his friends off in a not so lady like way and went on.
3. I cussed him out and said something nasty concerning him and walked off. It had no lingering effort (sic) one way or the other. I’ve learned to cut a little deeper than the person during the cutting. I go straight for the jugular and you can’t make a comeback, with the arrogant (sic) of letting you know I’m serious in my statement.

0248:
1. I just had a baby six months ago and am nursing. For some reason my body is keeping fat even though I watch what I eat it doesn’t help. Normally I’m 165 lbs. Lost at first now I’m just fat. People notice you as non appealing.
2. Laughed at first. When I got to be by myself I upset me. Knowing I’m not skinny.
3. Brushed it off. Made a joke back to counteract it. Then it makes them think. Logic is the answer.

0252:
1. About 1st grade 2 or 3 older kids about being thin and dumb. Still can see and hear the incident. Teacher came and hugged me because I was crying.
2. Very hurt and sad. Also very alone.
3. Cried. Said nothing. Just don’t let things both[er] me. As a teenager I teased others.

0255:
1. I was 12 years old. A neighbor boy always teased me about how thin my legs were. He called me chicken legs.
2. I wished I could kick his ass. Now I know he was just showing off for his friends.
3. Went home, so I didn’t cry in front of anyone. No, I just would ignore them now. I know I can’t change that particular appearance of myself. My husband is happy with me. So who cares what people think.
1. I was very thin growing up and had a hard time getting pants to fit me. I had thin very long legs and they nicknamed me “Bird-legs.” I don't remember a specific incident as my most vivid teasing memory.

2. NR

3. NR

1. 9th grade gym class (swimming) some girls noticed a mole on my buttocks and laughed and told everyone they knew.
   2. Very angry, embarrassed. Yes it made me cry. Still angry.
   3. Never undress for anyone! Clam up. Didn't talk much. Family moved!

1. I remember being told by my friends all the time that I was skinny - too skinny - but I’m not and wasn't.
   2. I remember getting defensive when I was younger - but now I’m complimented by it.
   3. It didn’t bother me enough to have to “cope” with it.

1. Being teased about my height - very tall, very quickly, yet super skinny - junior high friends.
   2. Somewhat angry - but I had an advantage (sports) - I love it now!
   3. I would vent at home to my 6’8” father who made it all okay.

1. Weight was the biggest problem. 17 yrs old was asked out to a dance. Dumped (he made up an excuse) not to take me. School dance senior year.
   2. Cried, friends said he wasn't worth the tears, but at the time I was terribly upset.
   3. I confronted the guy a week later. I think I told him he was a creep. Nothing has happened like that since. I am happily married 13½ years now.

1. All thru out school especially high school teased about being so skinny. No specific event - it was a constant thing.
   2. It made me sad. Kids can be so cruel.
   3. I just remember people can say really insensitive things without thinking. It’s their problem not mine.

1. Fourth grade Alan Davis use to call me Beaver cause of my teeth.
   2. Cry till got mad then found something made him mad and teased him back. Funny now.
   3. NR

1. I was teased about a gap in my front teeth in the second grade. I was eight or nine years old. The class bully is who did it. It happened during recess at school.
   2. I was really angry and hurt, but I did not cry. Now, I still think that was horribly cruel.
   3. I tried to ignore it by not saying anything. I should have told the teacher or took up for myself. Now, I try not to stoop down to their level, but my teeth are fixed also. I guess it did not help that much.

1. My mother continuously stating my size, how much weight I’ve gained. Touching and poking at my arms and sides. Growing up, sometimes now.
2. Self-conscious because I’ve always felt that I couldn’t control my weight. I still feel the same.
3. Ignore it; saying anything spends more time on a subject I didn’t want to discuss. Sometimes, still ignore it. Make others laugh/joke about it sometimes.

0298:
1. My husband (83, 5’10”, college professor emeritus) teases me in front of other couples about how he used to be 6’5” before he married me. This generally happens at social events where someone will ask me how tall I am. Do not remembering it happening before I turned 50.
2. It made me feel about yea high and wanting to cry. Like I had been such a horrible wife and a large wife that I had more or less pulverized him into the ground. The feeling was always the same.
3. At the time I would smile but eventually told him it hurt. He said he was “doing it for me.” Have not been in that situation lately to see what he would do. I’m not a good copier but moved to the South about 2½ years ago and am trying to be more genteel. The Southerners very seldom say anything.

Separate sheet: My most vivid memory does not involve teasing as such. When I was a sophomore in high school, our school was going to make an appearance on Dick Clark’s American Bandstand. My boyfriend of then explained that he was taking his cousin rather than me because I was too tall, too big, and didn’t have the right clothes. I told him I “completely understood” because at that time my adoptive mother had spent years explaining how I was too tall, too fat, too ugly and too dumb to ever get a man. I remember being “slightly hurt” but I felt it was my obligation to not embarrass him or my high school. Today, I am furious!

0301:
1. I was teased about being fat and riding my bike when I was 8 years old. A few other kids in the neighborhood was telling me that I was going to make my tires go flat if I didn’t get off of it and that I needed two Goodyear blimps for tires. I was visiting my Aunt for the summer in 1979. I didn’t go back out for the rest of the summer.
2. I was very hurt and felt lonely. Thinking about it still makes me feel hurt and brings back the lonely feelings that I felt then.
3. I stayed to myself and inside all summer. I cried my way back to my Aunt’s house and the next summer refused to go back. If someone says something about my size now I tell them they don’t have to look at me and try not to show that it hurts my feelings, even though it does.

0302:
1. I was always teased about having a large “behind” (wide and flat). I was about 14 years old at school. The young boys were coming of age and started to notice the girls more. It was a good thing to have a great figure - or so I thought.
2. I was very embarrassed and insecure about my “shape.” I tried to do more exercises to enhance it.
3. I walked away with no comment. Thought about it often and always now try to exercise that area often. I really like my figure now - I’m shapelier now.

0304:
1. See attached.
2. See attached.
3. See attached.
Attached letter: I don’t know how this will fit into your survey, but here goes!!
I was a little chubby as an adolescent and gained a lot of weight with my two pregnancies - My children are 29 and 31. I was never the victim of teasing, but I must have been afraid I would be during my “bigger” years. I quite often would “beat them to the game” by criticizing myself. At the time I thought I was telling others that I didn’t care... but I
later analyzed the actions and decided that I was disarming others in order to avoid the
hurt. My heart absolutely breaks when I see the pain and later extreme anger that so
many children experience today. My son was chubby and red headed and suffered
terribly at the hands of other children. There was noting I could do to erase the pain and
damage that he experienced. As a result he has been diagnosed as clinically depressed
and in 1996 attempted suicide. He has a genius I.Q., writes beautifully, is very creative
but is extremely self-destructive. My experience as a mom to a depressed child has
been very frustrating. I found that the public school teachers in general (a couple of
exceptions) are not equipped or prepared to handle the problems. I also felt that they
added to the problem because they seemed to "promote" the bullies and were very
critical of the teased victims. Thanks for hearing me out. I hope this will provide a
glimmer of light on a massive dark problem. (Signature).

0311:
1. I was in 4th grade. I was teased about having facial hair. I have it really bad above
my upper lip. I started crying. People in my class said you don't have hair on your
face.
2. I started crying. Sometime it gets to me now. But I see a lot of women have it.
3. I just use hair remover about 3-2 time a week.

0312:
1. I was at school. Age 17. I had just got jump the day before. And one of the girl who
jump to me, and push me. So I talk to the principle nothing happen. Because it was
after school. So the principle search my locker because they said I had a knife.
[Possibly about big breasts or overweight].
2. I fought angry. Because they jump me while I was getting off the bus. They continue
to threaten me. And I get search like it was my fault.
3. I never got over that incident. Because I never got justice. And I drop out of school,
and end up doing homing school instead. So it was not a good experience for me.

0322:
1. A pair of new shoes. 15 yrs. Best girl friend. Enroute to school, my girlfriend
laughed at my new shoes, stating they looked like pilgrim shoes (They had a buckle
on the toe).
2. Well, I really liked my new shoes. The shoes were selected by me because of the
style. Our taste in clothing was different. I didn’t cry, nor was I angry, but I didn’t find
it funny.
3. I realized not all people appreciate the same things. There was no verbal retaliation.
Today I buy clothing and shoes that accent my full figure and are in good taste. Most
importantly is the comfort. If I feel good, I look good.

0325:
1. I was about 15 years old and was taking a swimming course at the local public pool.
There were other girls that I knew from school also in the class. They asked pointed
questions about my swimsuit (it was old and out of date) and then turned back to
their circle and laughed.
2. I wanted to just disappear, but I acted like it didn’t matter to me. Most of the time, I
don’t care what people say or do now!
3. Then I acted like it didn’t matter to me and went on with what I had to do. Now - I
don’t hang around people who are that small or petty!

0330:
1. At a park, this year, age 51, an older man said, after looking at an NFL cheerleader
picture of my daughter, "Boy she doesn't take after you!"
2. I was very upset and angry. Still am. I try to exercise by swimming and walking, but my knees are bad and I have arthritis in my back.
3. I ignored him and he didn’t say anymore. I just ignore the ignorant, but I’m still hurt.

0332:
1. My nose - 15-18 yrs old at school by my best friend. She called me slope nose. My ex-husband as an adult.
2. It was funny from my best friend but not my ex-husband. He also said I was stupid or not as smart as him. I am 31. I just got my BS in electronics w/a 4.0. I feel better about myself. He never finished college - Ha! Ha! on him.
3. I laughed about it in high school. I had a nose job as an adult. I like my life and I really don’t care about what people think anymore.

0333:
1. All my life I have been teased about my protruding ears. By everyone.
2. Even after all these years I still hate my ears.
3. It’s life and I have to deal with it. Maybe one day I will be able to afford surgery. Given the opportunity I would do it in a minute.

0340:
1. An uncle by marriage used to tease me when I was 12-16. He said boys never liked girls who were fat and wore glasses. I remember he said boys like girls with thin legs. Something I’ve NEVER HAD!!!
2. It made me feel ugly at the time when I was with him. Away from him, I had plenty of boyfriends so I didn’t think much about it. Now I realize he was a jerk - besides he molested me when I was a little girl. A real jerk.
3. See above. Over the years I had many men friends who assured me that I was physically attractive. I’m old now, still feel attractive and haven’t let the past (which I can’t help) hold me back from anything.

0341:
1. I had severe acne in jr. high (age 13-14). In the lunchroom, the boys used to repeat the old Oxyclean commercial where a teenager would “Pow” shoot their pimples away, only the boys would use machine guns.
2. I put on a strong face like I didn’t care so that I would not encourage them, but it made me very sad and humiliated. I still don’t like thinking about it or that kids are so cruel.
3. I still just act as if it doesn’t bother me if the teasing is from strangers, or most likely act like I don’t care. I will tell friends that they hurt my feelings.

0347:
1. Teased about being fat - age 15 - as I look back I don’t think I was but I lost 42 lbs. in 10 wks and nearly ruined my health. Went back to H. S. and people did not know me.
2. It was a bunch of baloney as I look back now.
3. Lost the weight. My strategies are: I don’t worry about the opinions of others. I do what pleases me, but also care about others.

0351:
1. Teased about wt. gain at age 50 my [boss] teased me that I had to buy new uniform because I could not fit in my uniform at work.
2. It made me uncomfortable
3. I stopped using the uniform and got others and used lab coats over the clothing.
0354:
1. Not taking a shower in middle school. At school. [Possibly teased about breasts or clothing].
2. I was upset but I didn’t know that I was supposed to shower every day.
3. I kept things inside and I would cry at home in my bed.

0355:
1. At age 16 I was teased about my floating eye. I was in a classroom at school. Leonard Vaughn was the one who did the teasing.
2. I was angry because I had no control over my eye. Now I realize that it wasn’t so bad. Leonard became my best friend.
3. I explained it was something I had no control over. I coped well. He apologized because of a birth defect which was unavoidable.

0363:
1. I was about 12 or 13, very tall and thin. At a large family gathering an older cousin said I looked like a “giraffe unfolding” when I stood up after sitting on the floor. Also, I was never picked during dance lessons at school (during gym) because I was much taller than the boys and was teased about it.
2. During both incidents I felt hurt and cried later. I dreaded Tuesday because that was “dance day” and often pretended to be ill so I wouldn’t have to face the humiliation of being left out.
3. I said nothing. As I grew older, I tried to realize that my height was an advantage. At this stage of my life I concentrate on my good qualities, and the important things. Harsh words have no impact on a happy 72 year old!

0367:
1. Neighbor boy teased me about my glasses - called me 4 eyes. I was 3rd grade (8 years), he was 10 yrs. old. I was walking home from school and he lived at the corner block where I had to turn.
2. I was mad because the little shit took my glasses and threw them into a snow bank. (Winter) I never did find them. I’m still mad.
3. I told my parents, we didn’t have much money so I had to wait to get a new pair. How to cope: get tough. You don’t like something about me, tough! Go tell someone who cares.

0370:
1. In my early 20s, I was teased (or reminded abt.) my weight by boyfriends. It happened fairly often between 19-25 and occurred at all places.
2. I felt inadequate. It hurt my self-esteem and at times made me feel worthless. It was not funny. People in the workplace, in social situations, in family relationships all judge people and their talents by their weight. All heavy people are not lazy.
3. I coped with the judgment by eventually giving up - I turned to drugs, sex, and alcohol. Luckily, maturity, therapy, and moving 1,200 miles from all the “teasers” “cured” me. My true “cure” was a body that at 25 naturally dropped 45 lbs. with no dieting. I had suffered enough and “the powers that be” gave me my wish - I can now eat anything, anytime and enjoy it.

Note inside questionnaire: anorexic and bulimic - overweight in my head, not in reality, 12-18.

0374:
1. Weight. Age 11 or 12 in girls locker, dressing teased being a little overweight. Same girl wrote in my yearbook how much I weighed.
2. It hurt my feeling that she wrote the # of lbs. I weighed. She said something like Good Luck to a sweet girl, all 120 lbs. of you. It was a hurtful thing to do.
3. She did it as a joke and we were classmates, but it still hurt my feelings.

0377:
1. I was teased about being fat. I was about 7 yrs. old. We were at school at P.E. picking teams to play kickball. I didn’t get picked. I was the only one left, everybody laughed and called me fatso.
2. I was so hurt. I cried and cried. I looked to the teacher and she didn’t care. Neither did my mother. I felt very alone as a child.
3. I didn’t say or do anything, I just cried. That’s how I cope. I cry, and carry the pain. I still do even now.

0380:
1. When I was in 3rd grade a girl I went to school with told me at a slumber party that my dad must be the “Jolly Green Giant” because I was so tall.
2. I thought she was stupid and still do.
3. I ignored it.

0387:
1. I went to a school function at my daughter’s private school. Two adults were standing at the doorway; they made fun of how much of me hung over the chair. It was embarrassing for myself and daughter because her class laughed when they heard the comment.
2. I could have crawled under the floor. I was angry because this was a Christian school, and everyone laughed at myself and it hurt my daughter.
3. I stood up and told the men I did not appreciate the comment and that I did not allow anyone to laugh at my daughter to cause her pain. Spoke loudly so everyone heard what they did. No strategies. It always hurts.

0398:
1. My brother teased me a lot about my ears and then told everyone else. I was teased until I was high school by family members.
2. I would cry all the time. Today I still remember and I’ve gotten over it.
3. I would cope by wearing my hair long and never in a ponytail. After three children I don’t care what they say, just what my children think of me.

0412:
1. I was 13 years old and in the 9th grade at Junior High. A boy the same age used to tease me about my big hair. He would call me (bush) when waiting on the school bus. It never made me mad just worried about my big hair.
2. It always made me laugh because I had a nickname for him to
3. I was 13, I didn’t feel like it was a big deal. It was between friends, and I cope with things with the help of God and the love of family and friends.

0415:
1. My most vivid teasing memory was during childhood, my brothers gave me a nickname because they said I was short and had red hair like this certain person.
2. Although I did not know the lady, it made me cry because I did not feel comfortable about my height nor my red hair.
3. I coped with teasing by name calling my brothers, but most of the time it did not help. The strategy that have developed is to laugh or ignore and go on.

0416:
1. I was 14 and my Mother made remarks on my weight. That caused others such as my brother and friends call me names. To this day I will not say pleasingly plump.
2. It made me cry. Now I know that it was the only way to tear me down. They were comparing me with someone that was underweight.
3. I only went off by myself and cried. I learned to pray a lot.

0417:
1. When I was twelve to fifteen I was teased about being tall and skinny.
2. NR
3. NR

0419:
1. Approximate age 12 a boy asked to be my boyfriend as a JOKE. The whole school had a laugh at my expense. Children (and a lot of adults) are extremely cruel! [Possibly about too fat/overweight - 500 lbs.].
2. I was devastated! I cried for days and closed off a part of myself to avoid every being hurt again. I lost all trust in other people.
3. I didn’t cope very well. I have been severely depressed most of my life and never got over the many terrible things people have said to me. At this stage in my life I am virtually reclusive to avoid public ridicule.

0420:
1. 13 yrs. old. Basketball practice at school. After 6 laps of the court, I was very winded and unable to keep up with the others. Someone yelled “she’s too fat to keep up, coach! Put her on the bench.”
2. I didn’t say anything. I put myself on the bench. The coach made me go back out on the court and put me in another position for practice.

0427:
1. I was always tall, big boned and I thought too heavy. I’m wide hipped and small busted. I guess I was about 17 and I was teased for stuffing my bra. My ex-best friend and a couple of guys had a bra and cotton balls and taunted me w/them. It happened in the neighborhood.
2. It was extremely humiliating! It made me very angry! I turned beet red. I cried in private. Whenever I was teased, I never wanted to give them the satisfaction of knowing they hurt me.
3. I acted tough and went on. Somehow I finally developed confidence in myself. I know I’m just as good as anyone else. I stand up to Bullys. I have a friend who was teased unmercifully. I took up for her and others who were teased. Then I got teased for taking up for them but I didn’t care. Developing self-confidence is the key.

0428:
1. As a young teen my brother scoffed at the halter top I was so proud of sewing myself by saying “You’ve got nothing to halt.” He hurt my feeling and I still dislike him!! hee hee
2. I was angry, coz he was my closet sibling as a small child - teen years it all changed. Now, there are 2-3 major incidents that I can’t forget and they still hurt
3. At the time I wouldn’t let ‘em see me cry - but I did.

0429:
1. 16 - only time I can think of… to be contest for “Best looking legs.” I was nominated and declined… wt. 175. It all ended when I declined (I had good grades, well like, leader). Wt. didn’t present problem.
2. Embarrassed but passed quickly.
3. Declined and it stopped.
0434:
1. I was in high school and it was over my arms. You see they are hairy like in men, and also because I'm not as smart as most people are of my age. I can barely read a 4 grad book and understand some the.
2. I was very upset and I ran out of the room crying, but look on it now it made me angry.
3. I did the best I could to [avoid] them, and sat by myself, and not talk to anyone.

0441:
1. Some of my classmates used to call me bucky beaver (overbite) when I would pass by. It made me feel so different, I was the only kid in class w/a overbite.
2. I acted like it didn't bother me at all, but it did a lot.
3. I didn't cry at the time. I just told them to shut-up and would cry at home.

0443:
1. I was in high school (17 years old) and could not get a date for anything. The guy I thought was a friend ended up right along with the crowd making fun of my weight.
2. I was very hurt. I thought he was a friend. Now I realize he was as stupid as the rest not to see the inner me.
3. I just walk away. Anyone who teases someone else like that is just insecure.

0447:
1. I was honestly not teased much as a child. Some people occasionally teased me because I was tall and skinny but that never hurt my feelings. I have always loved being tall. One memory I have I was being teased about my big nose holes; I was about 10 years old. A boy I liked said that I could fit quarters up my nose holes in front of all of his friends. Everyone laughed at me.
2. I felt a little sad and humiliated but I never cried or brought it up again in front of the boy. Today I am still self-conscious about my nose. Would definitely have a nose job!
3. I think I laughed along and made an exit ASAP!

0448:
1. Always being called “thunder thighs.”
2. Horrible then and now.
3. Became thick skinned.

0449:
1. My boss teases me about my weight. My biggest problem is that people don’t respect me as much as they used to when I was thin. I have only had my weight problem for 5 years so I am not really used to being this way.
2. I just feel very hurt by any comments about my weight. I only eat twice a day so I don’t feel I should have a weight problem.
3. I just laugh at any comments. That is my way of dealing with situations.

0451:
1. One guy at school called me porky and it pissed me off to the point that I almost pushed him out a second story window. This was when I was a sophomore in school.
2. Very mad. I wish I could go to our class reunion and be a size 9 and rub it in to those who teased me.
3. I got mad, said nothing, just ran away. Now I try to laugh when people tease me.
0456:  
1. Teasing about my weight - my family and my mother teased me - I was always think until I married my husband in '93 - then we started going out to eat a lot and I gained weight. Remarks are always being made.  
2. I was very mad and hurt - but am now working on my weight.  
3. I told them off - said they were rude and mean and before they start saying stuff about people, they needed to look in the mirror themselves. I am working hard on my weight.

0460:  
1. I was age 11 or 12. I was teased about my weight by a loud mouthed boy in junior high school - either 7th or 8th grade.  
2. I felt embarrassed. Now I feel sorry for the abused, neglected and molested kid I was who developed a food attachment.  
3. I tried to cope by being brave and strong - or at least putting up a wall to shield myself emotionally.

0461:  
1. 8th grade - classmates - uniform. My parents refused to buy me a uniform. So the teacher wasn't letting me in on the Graduation ceremony. [Possibly about clothing or overweight].  
2. I was very unhappy! I feel the Catholic School should have handled the problem better.  
3. Was very upset. Borrowed a uniform from a friend for the one hour ceremony! I do not cope very well in a teasing position.

0469:  
1. After my 3rd child, friends and family could not believe that I went from 140 lbs. to 265 lbs. So they teased me until I lost weight. I weight 242 lbs. now.  
2. I felt really bad, low self-esteem. Cried sometimes, now I don’t care what they say.  
3. I kept by appearance very professional and continue to get professional hair and makeup services. Now my clothes and attitude are on the same level.

0471:  
1. When I bent over on the school bus and a boy sang “When the moon comes over the mountain.”  
2. Mortified, I stayed home by myself a lot. I was pretty over sensitive. I dieted and got over it.  
3. I try not to let teasing bother me. I wouldn’t go back in my shell for anything. People can just accept me the way I am.

0472:  
1. I was 17 and played volleyball. We had to run during practice. One of my teammates called me “bouncer” because my breasts bounced as I ran.  
2. At the time, I smiled and was a little upset. Looking back, it is funny because the person who made the comment was just as busty as I.  
3. I smiled and ignored the situation. I’ve not had similar incidents that I can recall making an impact.

0478:  
1. Childhood - I had red hair, premature maturity and developed breasts. I also am left-handed. Remarks at school were mostly by boys. I never told my mom. She was like me! Also, she was not a big self-esteem builder.  
2. I never felt too disturbed. I laugh now. I weigh a lot and have had beast cancer. I'd love to turn back the clock.
3. I ignored the boys. I only wish body image is so important with ALL people. With poor body image, you still can be great, beautiful and bright. That’s high self-esteem.

0481:
1. When guy called her Chester b/c of her boobs. 21. Unknown man. Springfield, Ohio. [Possibly teased about large breasts. Possible that another person helped her write her responses].

0482:
1. I can’t think of any one specific time that was the worst, right off hand but I do know that I tend to exaggerate the incident in my head. I always assume that people are thinking the worst. Also that they are always talking about me. [Possibly teased about overweight or big breasts].
2. I exaggerate it so bad that I think about it for days. It upsets me and I think that person’s impression of me is terrible.
3. I usually walk away. I never could talk back or fight back. We were taught not to and I’m desperately trying to correct this before it rubs off on my children.

0488:
1. Weight always.
2. Sometimes I would cry because I have n will power concerning weight.
3. Try to forget it, think I would get will power and lose.

0489:
1. Trying out for college basketball, teased by slimmer girls.
2. It made me sad and I left the tryouts.
3. I said some smart remark and left the field house.

0514:
1. Family - 13 yrs. - breast size in public at retail store.
2. Terrible. Wanted to hide so ashamed.
3. I just blocked it out over time - I just consider the source and go on.

0526:
1. The only thing I can remember was being teased about was about 16 - my overweight. Was teased by classmates. At school on the playground.
2. I was hurt and angry, I didn’t cry - but felt people can be very mean and doesn’t care how they hurt people!!!
3. As I grew older I learned to cope and ignore other people, who could be that way!

0527:
1. When I was 13 my grandparents told me I was too fat one afternoon after getting back from a running session. My uncle also compared my arms to his wife saying his wife’s arms were smaller. I was only 13.
2. I just felt like they were hypocrites and really didn’t care about what came out of their mouths. For whatever reason it seems as if they would do anything to try to hurt me.
3. I basically ignored them as well as others b/c from what I can see those who criticize so much are really not happy with themselves. I pretty much continue to do so.
1. I was in 8th or 9th grade, and I had a crush on the boy whose locker was next to mine. I was slightly overweight, and he made unkind remarks constantly. This happened everyday when we were at our lockers. He also made remarks about me being dumb, etc.

2. I wanted to cry, but I didn’t in front of him. I wanted to look like the “popular girls” so he would like me. Looking back, I still feel the sting of his teasing. One friend told me he like me, also, but teasing was his way of handling his feelings.

3. I don’t remember exactly what I said, but I tried to let him know he didn’t bother me. He kept on teasing no matter what I said or did. (In high school, he didn’t do this as much at first, then not at all.) No, I have no coping strategies. I do tend to eat when I’m stressed.

1. Being called Bubbles in Jr. and Sr. high by the boys because of my breasts.
2. Conspicuous and embarrassed.
3. Ignored or tried to laugh it off and hide my real feelings.

1. My most vivid teasing memory is when my husband called me “fat ass.” I was in my 30s, after having children, and gained a lot of weight. We had a fight and insulted each other in the living room.

2. Looking back I remember I was both angry and sorrowful. It really hurt my feelings. Now, I just say to myself “the hell with him. I don’t care what he says.”

3. When my husband told me that, I wasn’t able to sleep and I cried all night. I remember I insulted him back. The result was silence for a long time. I say to myself f___ them, if they don’t like me the way I am.

1. None stand out - mostly occurred during childhood. I was teased by people who I didn’t care about. I had many friends. [Possibly teased about height - short or overweight].
2. I didn’t react to it most of the time.
3. I ignore the episodes.

1. I had to start wearing glasses in the second grade and was called four eyes.
2. It made me mad since I needed them to help get rid of eyestrain headaches. It was foolish!
3. I would go home sad and tell my parents. They would just tell me to ignore the kids and I needed them to see. As I got older it didn’t bother me and some of my other classmates and relatives wore them too. It made me fit in and not be so sensitive.

1. Husband usually calls me two-ton elephant.
2. Angry/cry - still angry.
3. Joined YMCA - trying to lose some weight - not helping much as only doing water aerobics - still go.

1. Before age 9 we were very poor and some of the clothing and shoes I wore were out of style. I would many times hang back and walk by my self.
2. I wasn’t teased daily because most of my friends knew our parents couldn’t afford much.
3. I would make some kind of comment that it was better to have shoes and clothing on than non at all. I would try to “fluff” it off.

0549:
1. There were many, mostly done by family members about my weight “big butt and thighs.”
2. It made me feel bad about myself. It still hurts to think about it.
3. I final said something to one member - and I think he realized, what he was saying wasn’t funny, and it hurt me - he doesn’t do it anymore.

0558:
1. For being overweight. 40s. My family, at home!
2. Somewhat angry. No, I didn’t cry, no I don’t think it funny. About the same!
3. Not too bad, but a bit angry, but have tried losing weight, but little success, have arthritis and hard to exercise, due to terrible pain.

0562:
1. I was about 11 when I lived in Escanaba, Michigan. I was quite overweight as a child and when I was going to get off the bus the kids that sat in the back of the bus yelled “TREMORS” really, really loud. I still get upset thinking about it today.
2. At that time I was very, very upset; it made me cry really hard. In fact it made feel worthless. Looking back it still upsets; me to the point of a few tears.
3. I coped with this incident by crying and becoming very introverted. In fact I feel that it was the beginning of a very depressed time for me. Now that I’m older I try to take care of myself, and if another adult were to tease me this way I would simply see them as immature and ignore them.

0573:
1. Between the ages of 6-17 I was very thin. My classmates made a joke out of everything I did. This includes sports, dancing, and class projects. I wouldn’t be picked until last for school activities, and got called a lot of names. Also, I couldn’t find clothes that fit and looked nice so I was the subject of many jokes.
2. I cried a lot and tried to hide. I would slouch in my chair and would try to be the last one out of the room. During dance time I would pretend to be sick so I wouldn’t have to be the last one picked. My self-esteem was very low and I had no confidence in myself.
3. I usually didn’t respond to classmates’ jokes and laughter. My coping skill was to hide. As I matured I found things I could do that made me feel good, like attending a class or doing gardening, something I enjoyed. I made up my mind that I could succeed at whatever I tried. I would also make lists of my accomplishments so I could see what I had achieved when I was feeling down.

0581:
1. In the 6th grade I got my first pair of glasses and they called me four eyes. They also made fun of the frames, but Dad got the cheapest. It was mostly the boys who teased me.
2. It depended on who teased me the most. Guess it hurt the most when the boy I liked teased me. As I grew up, like today, you realize all kids tease each others, even those who like you.
3. I tried to tease them about something, a big nose, ears etc. and they’d back off because they didn’t like it. I think it helped me to cope with people better and as a general whole I’ve got a good sense of humor.
0588:
1. When I was about 38 a woman asked me when my baby was due - I was not pregnant, but carry my weight through my stomach area. I was very embarrassed and went on a diet. This occurred in my neighborhood.
2. It upset me because I felt I was not taking care of my body to have a "pot" in my middle.
3. I laughed and told her I had gained weight - but on the inside I was really crying. I am not heavy, but have a tummy and "love handles" - the rest of my body is fine. I think she too was embarrassed for asking me. I feel the last few yrs. that I am me and if people don't like it, too bad, but at the same time I'm always on a diet!

0589:
1. Age 12 to 13 yrs. Continually teased at school by mostly boys 'cause I was so skinny and had no breasts.
2. Very upset, many tears! Still don't think it's funny, but doesn't cause tears any more.
3. I say nothing - hold the hurts inside until the tears cannot be controlled any more. Still trying to learn control - nothing seems to help.

0591:
1. 13 years old - teased by my brother. He wore a button that said "No Fat Chicks."
2. Fat - he didn't want to hang out with me.
3. Talked to my mother - she made him get rid of the button.

0594:
1. Through all my years my family teased me about my small breasts but I didn't care. I didn't care cause I knew it was because of thin weight.
3. NR

0597:
1. While I was pregnant, a co-worker called me (25 yrs) a fat cow and a fat bitch because he thought I had made an error on something and later found out I didn't, yet never apologized. (At 7 mths pregnant and at work).
2. At first I was shocked, then mad, then very upset where I was crying.
3. I was very upset and talked to my supervisor, but nothing happened. Unfortunately, he is my brother-in-law now. We don't speak now. I usually ignore or try to ignore any statements anyone makes abut me now.

0600:
1. Freshman year of high school and I passed my (male) cousin in the hall and said "HI." The friend he was with made a rude comment and my cousin made believe that he didn't know me. [Possibly teased about too fat/overweight].
2. I felt very hurt - because he and I were good friends growing up. I was so hurt that I never spoke to him again. When I think abut the incident it still makes me sad to the point of tears today.
3. I didn't do or say anything, in fact, I never told anyone about it until now. When people say things to me now - I just pretend that it doesn't bother me even though it does.

0610:
1. Teased from boys about large breasts at age 12 or 13. It happened at school. I had always been a little heavy but was not teased about it. Then at puberty slimmed up.
2. I was embarrassed but just laughed it off. We were all like friends in class. Now I think about it as no big deal.
3. I don't like my appearance now at all. But I don't think people treat me bad over it. I would just like to feel better about myself.
0614:

3. Weight. 26 yrs old. Bathroom stall at work. I heard 2-3 co-workers who just entered bathroom say “Boy what a big fat cow Dan (my husband who worked in the same dept.) is married to. I wonder how she landed him and what does he see in her.” I had gained an extra 45# after two consecutive pregnancies.

4. It made me cry. They didn't know I was in there. It hurt very much and still does when I think of it. It seems to always stay with you. Also makes you insecure. (I know they were trying to hustle him).

5. I told my husband. He told me he liked just the way I was and they didn't see my inner beauty and they had nothing. I try to ignore it (the snickering, the innuendo's or the blatant, “I see you haven't lost any weight” or “You're just as fat as you were before”) or chuckle and say, “Yes, food loves me it doesn't want to leave.”

0617:

1. I believe I was about 15, a bit chunky. It was summer and a neighborhood boy was at my house swimming. When I went to get in the pool, he yelled, “there goes the water, here comes the heifer.”

2. I was very mad, in fact I punched the kid in the mouth. Now at 24, I think the kid was ignorant and if that happened today I would probably ignore him since that would get him annoyed.

3. My teasing strategies today are to take myself out of the situation that upsets me. I hit the kid when I was younger. I would NOT have done that today.

0620:

1. 4th grade. Some boys teased me about wearing glasses on school playground.

2. It made me sad and angry. After having children myself, I realize they say a lot of things and don't realize how people feel about it.

3. Told my teacher and mother. When it happened just told the boys to be quiet and go away. Still happened but not as much. After people mature teasing is not as common. I've learned to shut out bad comments and overcome them.

0621:

1. I wore metal braces on my left leg and walked with a limp. Most teasing was done at school by my classmates. They might throw my books down a flight of stairs so that I had to go get it, making me late for school - or let the air out of my tires on my bike so that I had to walk it home etc.

2. I was angry at the time - but I never cried. To me that would have said they won. Now - I think only that my parents did a 'very' good job of helping me to live my life.

3. At the time the school principal was helpful with stopping it. Again, my parents helped me to maintain a positive attitude. We moved (father's job change) when I was 13 and my new school was never a problem.

0623:

1. School, 15-18, about my weight and face, how fat you are - when you going to loose, my face was ugly. Classrooms this happens. Now it's teens at Department stores. My face, weight and clothes. I get laughed at, talked about.

2. High school - I was made, I felt hopeless, like I was a big nothing, wanted to run and hide. Course my mother didn't help. She made matter worse, slapping me and my sisters around and beating us up, tying us up in bed, she was mentally cruel.

3. It's like people talk, let them. There no better. I've been away from my mom and my violent ex-husband. I'm learning somewhat how to cope with bad dreams and depression. Still have bad dream and I am depressed a lot.
1. When I was in elementary I was called chink. Some of the kids thought my eyes looked slanted so they teased me. 1st and 2nd grade.
2. It sometimes made me cry. It always made me angry. Now I don’t care. People say I have beautiful eyes now.
3. I hated going to school at that time. As I got older I tried to ignore them. Now I just joke along with them.

0632:

1. The clothes I wore weren’t as nice as one girl’s in my class - 15 - at school. It hurt at first but I told her just because we didn’t have as much money as her parents, and 6 kids in our family, we got the best of what they could afford, and I like what I wore. She didn’t tease any more. I just didn’t let things bother me!
2. It hurt a little but I knew it was new and I liked it.
3. I would say that is just the way things are and accepted it.

0644:

1. During pregnancies I gained a lot of weight (3 times during early 20s) and was teased by family members.
2. I cried because I was full of emotions, today (not pregnant) it wouldn’t bug me much. I think, “to hell with em.” I was making a baby and happily so!
3. I told them I was carrying a healthy baby and that was all that mattered to me! I tell people if you take care of yourself you can still be good looking even overweight. If a skinny person doesn’t take care of her/himself, it doesn’t matter how skinny they are!

0649:

1. When I was in Jr. High (about 13) the popular girls would come over to me and say, “I just love your dress, where did you get it?” I would blush and say my mother made it. Then they would go back to their little circle and giggle - as if I didn’t know they were teasing me for being too heavy to buy stylish clothes off the rack.
2. When it happened, it made me angry - angry at myself for being overweight, and angry at them for being so transparent and mean-spirited. I often went home and cried. Looking back, I still feel angry, but more their actions than at myself.
3. I had a difficult time coping with the teasing, and really never learned any effective way to deal with it. Now I focus more on my strengths rather than my weaknesses. I know I am overweight. That is a problem I have. But I have talents and skills, also. I try to focus on the positive. But sometimes I still get hurt.

0652:

1. Family teases about weight and the fact they must now buy me XXXL size for gifts - also say that I am as round as tall. Tease about the way my clothes fit. Feel hurt because there is nothing I can do about it at my present age and state of life - 66 yr. old.
2. Didn’t cry, but felt hurt and helpless.
3. Say nothing - move on to something else.

0656:

1. When I was in the 4th grade I was one of the 3 girls that developed breast and repeatedly I was called, “Chester the Molester” by a boy named Kenny Allen at Longfellow Elem. School in Muncie, IN.
2. It made me feel embarrassed and self-conscious about my breast… Looking back I know he was immature and then girls did not develop that fast… So it was different and people make fun of people because they are different.
3. Back then I would wear baggy shirts and tight bras trying to hide it and cover them with my arms. Now I have turned them into my attribute, women pay to have breast like mine and there is nothing wrong with showing a little cleavage that is tasteful and classy not trashy… I have turned my negative into my positive… Thanks.

0659:
1. In junior high school the “cool” in-crowd girls teased me about liking one of the in-crowd boys and they poked fun at my glasses and hairstyle. They kept asking me if I “liked” this particular boy and were telling me to get rid of my glasses and change my looks to be like them if I wanted him to like me.
2. I was very hurt and upset and it still bothers me today to think about it.
3. I just let it happen. I just listened to them. I couldn’t do the things they wanted me to do. I needed my glasses and wasn’t allowed to wear makeup. There was no money for fashionable clothes. I just stayed away from that group of people. As I grew older and wiser I became comfortable with who and what I am. My current weight problems are due to steroids I take for a medical problem.

0660:
1. In high school, when I was about 16, a kid I played baseball with walked down the hall with some friends. I was eating a piece of pizza and he said to his friends that I don’t need to be eating pizza because I was too big. Also that my face looked like a piece of pizza. They just walked away, laughing.
2. I was really hurt because it was a friend, or so I thought. It just showed what some people do for attention and acceptance because later he tried talking to me like nothing ever happened. Now I wish I could see him because my acne is gone, my weight is going to be in more control and I feel that I look good!
3. I didn’t say anything. I continued to do what I was doing and not let them know it bothered me. If they knew it bothered me, they would continue. But they didn’t. I just don’t let it bother me now. I feel that if someone teases me, they have insecurities themselves. And the only way they can make themselves feel better is by making someone else feel miserable.

0663:
1. Being teased on the bus and in school for having red hair. All my school years I was picked on. Boys and girls did it to me. On the school and in school.
2. I was very angry and wanted to smack them and make them feel afraid of me and leave me alone.
3. I did get into a few physical fights over it and once slapped a girl in the face who picked on me during class. She left me alone after that. No one every makes fun of my hair color now.

0667:
1. Teased about front teeth. 10 years old. Classmates. School.
2. Angry/cry. The same.
3. Made fun of myself. Aware of facial expressions that show teeth.

0668:
1. NR
2. NR
3. NR

Separate letter enclosed:
I am intrigued by your survey and extremely curious as to how you selected me to be a part of it. I have never been a part of the Ohio State U, nor do I have, or ever had anyone in my family as a student there.
However, your survey interested me sufficiently to cause me to answer in my
own way
As you can see by what I have checked, I have had some problems, but your
questionnaire did not pertain to my situations.
I was never teased about my weight by my classmates - that I can remember. I
was not very agile in Gym class (which I hated) but tried to keep up and managed to get
decent grades. (I was not then, and never have been an athlete). But I was never
 teased because of my inability to keep up with the others.
I was a fat kid - not what one would call obese - just overweight. My father was
the biggest tease. He would ask me if I was going to apply for admission to the Beef
Truss Girls. Or if I would try to watch my diet, he would say that I was fading away to a
ton. If I wore a belt on my clothes, he would say I looked like a flour sack tied in the
middle. You can be sure these remarks hurt a lot - but because my father was my
favorite parent, in spite of all this, I swallowed it.
Dad was not thin himself - he, too always had a weight problem, as did his
mother. In fact, at about age 12, he was in the old Esenay movie of the Our Gang
Comedy. (He was the fat boy).
I finally made it to High School and to adolescence, when I began to have a
better figure - however due to a spinal scoliosis, I always and still do wear clothes that
cover my hips. I am very self-conscious of this defect. I am now heavier than I have ever
been - perhaps due to my age and figure changes, and I am still fighting the weight.
Through all this, I might add that my father taught me about teasing. “Don’t tease
unless you are big enough to take it.”
I do not remember teasing anyone about their weight, but I sure think I know how
to take it!
I hope I have helped you in some way with your survey and I would be happy to
answer any questions you might have pertaining to my lifetime of “Pleasingly Plump”
problems.
Very truly yours,
(signature)

0672:
1. In 3rd grade, I had developed breasts in school.
2. Embarrassed. I wish I had been smaller.
3. I said nothing. I try to walk away now.

0678:
1. As my husband says, why are you eating that!
2. I cry too easily a lot and then I can’t stop. I also get excited easily.
3. NR

0680:
1. Elementary school. Being call fatso by other kids.
2. Made me very upset. I would go home and cry.
3. My mom comforted me and told me it didn’t matter what they said because I was
   perfect in God’s eyes.

0683:
1. Age 12, Acne, popular boy at school, on the school bus home. I had an acne break
   out on my face. I would wear make-up to try and hide the problem. While on the
   bus, a popular boy commented to everyone what large zits I had on my face.
2. I was pretty mad. I was very aware of my acne and was doing everything possible to
   prevent breakouts or cover them up. I didn’t appreciate him bringing attention to
   everyone how big my zits were, especially, when I was very aware of them.
3. I just told him I know. I didn’t really have anything to say because I was too embarrassed. I went home and washed my face and used more acne products. I have more self-confidence and am able to ignore comments that are hurtful.

0686:
1. Weight. 7 or 8. School kids. Recess school.
3. Called them names back and quit playing with them. Now just laugh it off or ignore it totally.

0690:
1. I was teased about my weight by my husband. He always says something when there is a bunch of people around.
2. It make me so mad. I can’t understand why he does it. It hurts my feeling and then I cry. I don’t want to talk to him at all.
3. No I don’t know how to cope with the teasing. I try to not think about it but it’s always there. I cry and pray a lot about it. But I can’t afford the diets or programs, so I guess I’ll just stay fat.

0691:
1. Age 10-16, family - my weight, by uncle, sister, brother.
2. It upset me a lot often.
3. Beat up my sister and brother. Made me angry.

0694:
1. I was teased because I have gained a lot of weight in the last 5 yrs. I was 29 yrs. old and a good friend did this. It occurred at the store.
2. I wasn’t angry because he was telling the truth. I feel that incident gave me courage to lose weight.
3. I told him he was exactly right but I was going to do something about it. Teasing doesn’t bother me as long as it’s in a positive way.

0698:
1. Age 6 - a boy called me a nigger. It occurred on the school bus. I had a dark tan from summer. It happened in August when school started.
2. It made me unhappy and self-conscious. Now - it’s great to tan easily.
3. I have great coping skills. I have 3 college degrees and understand that people of all ages can be cruel. So what?

0699:
1. I remember one incident during junior high school in my math class. I overheard 2 or 3 boys commenting on my breasts. One boy said my breasts were not just flat, but concave.
2. I was embarrassed and hurt. I pretended I did not hear them. Today I still wish I had bigger breasts. However, I do not want them so bad that I would get surgery done.
3. I was embarrassed then. Now when I am teased I look at the person and say “so” or “I am proud of it,” then they shut up real quick.

0706:
1. In elementary I was teased everyday about my weight, from age 6-12, most of the class, especially the boys. One boy even stabbed me w/a pencil when the teacher turned her back. (I still carry the lead).
2. I always wanted to cry, but was called a crybaby when I did that. No one believed me. Always said that I was the troublemaker, kids act the way they are brought up. Real ignorant. They were all angels.
3. Learned to put up with the fact that I wasn’t liked or believed by anyone (teachers, parents, etc.) I was told to behave and leave other kids alone, didn’t matter cause all the angels were the ones that started it! I learned to sit back and let it go in one ear and out the other.

0712:
1. I was in 9th grade; I was teased by the junior high school guys in the classroom, called zithead.
2. I felt a little piss off but let them talk whatever they want to say. Hoping they’ll learn something in return from other people.

0713:
1. In 5th grade, not only was I heavy, I developed before the other girls in my class and Dennis and Gene were always saying something. I walked around with my arms over my chest and pretty much stayed to myself.
2. I’d go in to the girl’s bathroom and cry. I was self-conscious for years. Now, I feel sorry for those two, with their lack of respect for others, their lives must the pits!
3. I never responded, just go off and cry. In high school I lost weight (220 to 120) and guess who I ignored! My friends were people from different elementary and junior highs than I went to. I still try to ignore teasing - why give them the attention they crave?

0714:
1. Being called names because shape of my head with a learning disability.
2. I hit the boys on the shoulder knocking them down on the ice and it made me feel better cause they quiet after I stood up to them.
3. Yes, count to ten and I do not let myself go to there standards and lower myself. I’m better than that.

0715:
1. On a school bus two boys made me sit between them and they kept trying to feel my breasts.
2. It made me mad they wouldn’t let me get up. I should have hit them.
3. I tried to forget it.

0720:
1. When I was about 13 I cut my own bangs. Trying to make it even I made very short. Everyone in school noticed. I was very uncomfortable.
2. I knew I looked stupid with extremely short bangs. Now I feel like there wasn’t anything I could have done.
3. I tried to clip my bangs back with hair clips. Right now I wouldn’t even care if something like this would happen.

0723:
1. The only teasing incident that bothered me was when I went to a new school in 2nd grade and a girl told me I had chipmunk cheeks the 1st day at recess. That really hurt my feeling since I was new. I still remember it!
2. I don’t remember if I cried but it made a real impression on me. Ironically, the same girl was very heavy in high school and had pretty fat cheeks! I never reminded her however.
3. I think I just ran away and said nothing. I don’t remember it being mentioned again. I think it made me sensitive to teasing early. I don’t remember teasing other kids.
1. No specific incidences, I just remember classmates would remark about my nose or glasses more as a way to get back at me for something I said or did that made them mad.

2. We cannot help the way we were made physically (usually). I prefer to think that God does not make “mistakes” - perhaps he gives us our quirks to keep us from being too proud.

3. Ignore those who tease, don’t give them any satisfaction that it bothers you.

1. Hand down clothes in grade school, at graduation too.

2. Slightly hurt. Not at all now.

3. Now I feel I am as good as any one else and I have friends of all ages or wealth now. Self-confidence is important.

1. Teased about my nose at age 15. Kids in my class teased me at school. They drew pictures of people who had big noses and put them on my desk.

2. The teasing made me feel like crying, why was I born with this nose. I still hate the way my nose is.

3. I didn’t cope with it and it still hurts me now.

1. I don’t have one vivid memory. People have always given me a hard time b/c I have a large nose.

2. When people first did it when I was young it bothered me but not to the point of crying. It just made me irritated. Looking back it doesn’t bother me or do I care.

3. I just threatened to beat them up at the time or pinched them. As I got older I learned to joke about it and then the teasing stopped. It is hard to tease someone who makes fun of themselves. They have helped by helping me see my faults. Accept them, try to correct them or move on.

1. Age 12, students, junior high at school. They would call me moose. [Possibly teased about overweight].

2. I laughed out of hurtfulness. Trying to hide the pain.

3. I didn’t do anything. I went home and cried, didn’t show my emotions.

1. Not really teasing - just a few words about my weight.

2. I didn’t think anything about it.

3. I never thought the teasing was serious.

1. When I was 14 y/o several girls that I attended school with started making fun of my hands in a group setting. They said something like “your hands sure look old, or are you just part lizard.” I wanted to die.

2. I tried not to let it show that it bothered me and said, “that because I work hard to help my mom and apparently you don’t because your hands and nails are too pretty.” I cried when I got by myself.

3. I learned early in life to cover my mouth when I laughed or smiled. I hide my hands when possible.
1. When I was about 13 an adult make a comment about how I was getting larger and larger.
2. I was very hurt and went off by myself and cried.
3. I didn’t say anything, as it was an adult. I don’t have or need any strategies now. Even though I am overweight how I look isn’t who I am nor does it limit what I can accomplish.

NR [Possibly teased about overweight].
1. Just hurt my feelings but I never let them know it.
2. Just never let them know it bothers me.

1. My skinny legs, 16 yrs. old, classmates on the basketball court in the evening.
2. I found it very funny.

As a teenager, I was only teased by my 2 older sisters because they had larger breasts than I, yet I was taller than them!
1. In looking back, I feel as though they were jealous of me and I did not let it bother me as a child or adult.
2. The strategy I used for teasing, was that I’d laugh and tell them they were only jealous of me.

I was walking by the bathroom at school and overheard a group of girls (a clique that I was try to get into of popular gals) all talking about me, making fun of my weight and how they were using me.
1. So, so devastatingly embarrassed and sad. I cried silently for days/weeks. I never spoke with any of those girls again, almost afraid of them and their “coolness”/“being in their crowd.”
2. As a result I am shy in new situations and have trouble truly trusting a new stranger or friend.

The kids at school teased me because Mom made my clothes and they laughed at me because of that. I was about 13 years of age.
1. I was embarrassed.
2. Held my head up and kept going.

Boys from High School called me Mick Jagger because I had thicker lips.
1. I almost cried in front of them.
2. Laughed and acted like it didn’t bother. Started sing “Start me up”

In high school (age 15-17) I was overweight and had extremely large breasts (44DD). There was a group of boys who called me “DeeDee” because of this. When I was 17 I was diagnosed with diabetes and lost weight following my diet. At 18, I wore a size 8 pant and 20 top because my breasts didn’t reduce on the diet. Those same boys were always asking me out after that.
1. It upset me and made me angry. Now I can laugh about it.
3. I would avoid the hallway these boys hung around. As I matured and discovered the way men think, I have learned to accentuate the positive and downplay the negative.

0796:
1. The most vivid was when I moved from Arizona to Texas at about age 12. In Arizona I wore what was known as a “squaw dress” made of pima cotton, which is naturally wrinkled looking. Kids said I didn’t iron my clothes - kids who had never seem Pima cotton.
2. It made me cry. Looking back I understand their views and realize they were small town kids with no broadened horizons while I had lived all over the U.S. My Dad being in the Air Force.
3. I cried in the rest room and never wore the dress again. Over my life I have become a strong woman and I would tell these people to get over it and find a life. If people knew something doesn’t bother you, it’s no fun.

0798:
1. Do not recall any particular incident - seems like it was always there between 14-17 - mostly from a brother. [Possibly teased about overweight or breasts].
2. Made me angry, sometimes made me cry.
3. Called for mom to make him stop.

0799:
1. My father teased me twice that I remember about being overweight. He called me fatso. Don’t remember the exact age, it was once when I was a teenager, and once in my early twenty’s.
2. The first time pissed me off, the second time my feelings were slightly offended. Looking back I know my father was just teasing me trying to get some response from me or my attention. I really don’t feel anything about it now.
3. I just ignored him figuring he either get mad or leave me alone. The result was he left me alone.

0802:
1. About 45 - Grandchildren asked if I was going to have a baby. I said no. They laughed and said why did I look like it, then? 12 years - I was asked if I hid behind the door when God passed out boobs.
2. 45 - I laughed but I really was sad because I did look that way. 12 - I cried.
3. 45 - I laughed and told them no, I wasn’t. I make a joke before anyone can say anything about it. 12 - I cried.

0803:
1. At age 19, when I was waiting in my dentist’s lobby, I heard the dental assistant talking and laughing about my overweight body. At 17, a teacher pointed me out in class and said I looked like one of his students who appears overweight.
2. 19 - It made me angry and sad, because she doesn’t look attractive at all and she doesn’t have the right to say things like that. 17 - I cried a lot that night and felt so embarrassed about myself. He shouldn’t do that, especially as a teacher.
3. Kept silent - I didn’t know what to say back at the moment. Just felt so dumb. I don’t really have a good way to deal with this. The only thing I’m trying is to lose weight and eventually this won’t happen again.

0809:
1. Between the ages of 14-15, boys on the bus and at school nicknamed me “UG”, and whenever they saw me they chanted it. It was short for UGLY.
2. It made me feel very sad. I would cry. I wish I could hide. I wish I were dead. I felt worthless. It was so painful. I feel someone, as an adult, should have talked to those boys and stopped it.

3. I would try to ignore it, I tried to laugh, I tried to act like it didn’t bother me. I tried to tell them to quit. I never did learn to cope. Just as an adult, it does not happen. I wish I could tell them what they did to me. With all these school shootings and problems that kids are having today, we need to take action NOW, and stop kids from being so mean. I considered ending my own life many times as a child. We need to teach kids not to be so mean. Have classes, about what teasing does to others. We need to teach social behavior and tolerance. And we need to punish the ones that are doing it. We need to stop looking the other way. There is no reason that we should allow our children to treat other kids that way. We need to speak out. Take Action - It needs to end. It needs to start in our schools.

0813:
1. I was not overweight until I had my child. I was teased about being poor. Sometimes I don’t get what they say because I am deaf in one ear. Sometimes I don’t catch on fast. I have trouble trying to remember yesterday. Right now my health is bad. I stay at home a lot. I was real shy.

2. I would laugh it off, but I didn’t think it was funny. It would hurt. Sometimes I would do not a thing. I was too shy to say or do anything.

3. Act like it was funny, or like I did not see them. I was too shy to do or say anything.

0819:
1. I was teased by my older brother during my early teen years about my weight. It was constant. My brother was my idol.

2. I was heavy. I was angry and did cry. My mother was away on business much of the time and did not understand how I felt.

3. I did not handle the situation. My reaction just brought more teasing. Today I would ignore the teasing or turn it into a joke.

0820:
1. When I was in high school I was teased about being skinny. They said to not hide behind a pole because they wouldn’t be able to see me.

2. I was hurt really bad - once I cried.

3. I put some itch powder into her gym shorts and she didn’t know who did it.

0821:
1. By 8th grade I was a C cup. The teacher left the room and one boy poked me in the breast with a pencil and made a “shhhhh” noise. Everyone laughed. Another boy came up behind me, grabbed both my breasts and squeezed them. I ran from the room and hid in the bathroom till class was over.

2. I felt ashamed and angry that everyone laughed, that no one stood up for me during the incident or told the teacher about it later. I spent an hour in the bathroom crying.

3. I told my mother, who called the school. After meeting with the principal, the boys were suspended. I never received an apology. I started wearing bigger and baggier clothes. At about age 20 everything changed when I realized my breasts held power (so to speak) over men. Suddenly I had breasts that women had surgery to get and men drooled over.

0831:
1. Approx. age 13-14. My brothers called me “Big Butt” frequently at home because they knew they could get an emotional response from me.

2. My feelings were hurt and usually I would either react with anger or would cry.
3. With my brothers I would hit them or go to my mom and cry. Now I realize I was not really that much overweight, but in my mindset I have always been fat. After I did “get fat” I realized I was not as a teen or young adult, but I felt I was.

0837:
1. I specifically remember being 12 yrs old and play ball in the street w/some neighborhood kids when this boy said I “had huge tits for a twelve year old.” 1978, summer. I weighed 88 lbs. and wore a “C” cup bra. I ran home and cried to my parents.
2. I see it differently now that I know teenage boys are hormone driven, but as a parent I would be upset if my son did that to someone or if someone said that to my daughter.
3. My mother and father explained that teenage boys are hormone driven and not to take things personal… my mom would always say “consider the source…” referring to the ignorance of the teaser. That kept me going. I’m a police officer now (11 yrs) and that one phrase has kept me out of trouble.

0839:
1. Boys teasing me in 6th grade. [Possibly teased about too fat/overweight].
2. Made me cry. That they were immature.
3. Went on, you’re mean and sorry, they laughed, don’t get teased anymore.

0842:
1. We were getting ready at a friend’s house for prom. Everyone wasn’t going to wear a bra. I took mine off because my dress was cut too low in the back to cover it. My friend started to laugh because without the bra I had nothing.
2. Then I was hurt. Now I realize she liked the boy I was going with. She was upset he didn’t ask her.
3. I just ignored her remark. I choose better friends. If they don’t lift me up, I don’t try to become friends with them. I slowly ended my friendship with her.

0847:
1. 6th grade, 11 yrs. Boy in my class kept remarking how fat I was and kept asking me why I didn’t lose weight, and he also teased me because my breasts had started growing and almost no one else’s had.
2. It still hurts and I still get upset when thinking about it. Embarrassed & humiliated, like there was something wrong with me.
3. Tried to ignore at the time - lost weight years later - still teased about bust. Start to laugh about it and make jokes, giving a straight look to let the teaser know that I don’t find the situation amusing.

0850:
1. I can’t remember any certain incident. I was taller than most guys in jr. high & high school, and felt awkward about it. I was also 15 lbs. overweight and felt bad about that.
2. Looking back I say “Screw them.” I’m happy now.
3. Got an attitude and acted like they were below me because they are the little people with something wrong with them to say something about me!

0861:
1. I had chipped my front tooth and had it fixed with gold when I was 10. Everyone teased me at school.
2. I was upset and have hated any form of public speaking ever since. I CANNOT speak in front of a group, no matter how small or friendly.
3. At the time I tried to ignore it. In retrospect, it was very harmful as one on one I can do fine and have a lot to offer to situations, but cannot speak publicly to get a point across.

0865:

1. Every day on the school bus ride home one boy always teased me. I was in the 5th or 6th grade and already seriously overweight. He made comments like - too fat to fit thru the bus door - that I made the bus rock when I got on or off. He always got a big laugh from the entire bus. By the way, he was in the popular group.
2. I cried every day - not in front of everyone but on the walk home. It made me feel ugly and I didn't want to go to school anymore. Now I feel a little bit justified, or shall I say, revenge was sweet.
3. At first I cried while alone, but then one day he didn't pay attention to where the bus was. I went to get off and something inside me thought here's your chance. I called out “Bye, Shirley Temple” (he had very curly hair). The whole bus roared with laughter. He never teased me again. Yes - I make jokes about my size. My motto - make them laugh with you, not at you.

0869:

1. I was constantly teased about being short. I was under 5’ tall through most of high school. I was teased by teachers and classmates. I had many “nicknames” referring to my height - “Peanut”, “Little Toot”, “Pee-wee”, “Shrimp-boat”, “Shorty”. “Pee-wee” was the most common.
2. I didn’t like it but everyone (especially my mom) said they teased me because they “liked” me, so I went along without further comment or complaint. Looking back now it doesn’t seem like such a big deal.
3. My parents gave me “funny retorts” for when people teased me. It helped. I still use the “quick come-back”. It still helps.

0870:

1. I was 10 yrs old and my breasts were really forming and a guy at the skating rink, thinking I was older, made a remark about my breasts.
2. I was mad! It still makes me mad.
3. I told my parents. The talked to the manager of the rink. And told me to ignore the guy, that he wasn’t decent or he wouldn’t have made that kind of remark. I’ve not had a lot of teasing. But I would ignore it.

0876:

1. In 8th grade boys teased because breasts were larger than most girls my age.
2. Embarrassed.
3. Cry.

0883:

1. When I was 11 - a boy teased me about my breasts - called me/them Mt. Everest. All the other boys from my class were standing there laughing - the name stuck for several months. This was at school on recess.
2. It was terrible! I was angry at the time, but cried when I got home - before that I thought my new breasts were great - never appreciated them again until I breastfed my 1st child. It was a scarring experience.
3. I didn’t tell anyone! But I changed the way I dressed - went to baggy shirts - still uncomfortable in shirts that accentuate them. I try to tell people when they hurt me/why/how, etc. Sometimes I just cry or buy a new outfit that makes me feel pretty instead.
1. Through junior high and high school years I was teased about my weight and late development. No boys wanted to be with me and I felt awkward.
2. I was angry, I cried, I was afraid, etc., etc., etc.
3. I walked away and was alone until I could stop crying. Now, it is a plus to be thin. I now have 4 kids and am still in good shape.

1. 3rd (grade) through high school and sometimes later. * Sister Big Tits * Miss Full Bosum * Juicy jugs * Dairy Queen Queen, *
2. Angry for them so concerned with under my clothes. Looking at my chest – out of line!!!
3. Called them fools, perverts, idiots, etc.

1. Boobs, big. 12 - Dad.
2. Mad.
3. Glad I have them because all my friends wanted them.

1. When I was 12, kids at school teased me about my weight.
2. It hurt my feelings. I lost all the weight when I was 15. I feel that kids are mean and now I don’t have any real feelings about it.
3. I just tried to lose the weight and I did. I lost the weight and now I’ve gained it all back, and if someone says something, I act like it doesn’t bother me. I joke about it myself.

1. I used to be teased by my stepfather in front of his buddies and co-workers. He would make jokes about the size of my boobs and tell the guys that I had to go shopping for what he called “over the shoulder boulder holders”. This started when I was 12-15, until my mom left him.
2. It made me feel very embarrassed and self-conscious. At the time, I hated him for being so cruel, and I would not cry, I would just feel tortured. Looking back, I feel that it was a real sick thing to do to a girl going through puberty, and that he had a problem, not I.
3. When this happened, I eventually would try to slump my shoulders and wear baggy shirts to hide myself. I was very embarrassed and self-conscious. I would not say much, because I did not want to be hit or yelled at. I deal very well with similar incidences, but now I act with confidence and tell someone they are rude with their comments.

1. My classmates in college teased me about how I walk - (not feminine) but it didn’t bother me at all.
2. I really didn’t care!
3. I just shrug it off!

1. My ex-fiancé told me that I was very fat.
2. I was very angry and it made me fell horrible and cry.
3. It caused great tension in our relationship.

4. My spouse said, “Let’s face it, you’re fat.” At the time I was about 30 pounds overweight,
5. I was extremely hurt and later angry.
6. I suppressed my feelings. I have lost 30 pounds recently and am aiming to lose 7 more pounds and I'll still be somewhat overweight, but acceptable to me.

0923:
1. About 8 to 10 yrs. old, kids used to tease me about my teeth. They said they looked like rabbit teeth. This happened in Germany where I was born.
2. If I was with my friends I cried. Children's teasing can be very cruel.
3. Sometimes I cried. Sometimes I socked 'em. As I got older I had my front teeth taken care of, then the teasing stopped.

0936:
1. In 6th grade a kid named Eric always teased about how hairy my legs were at school during class. I wasn't allowed to shave yet and was already very conscious of the hair since others were already shaving.
2. It made me upset and sad. I know now I was already insecure in my appearance and being teased about it only greaterened my sense of insecurity.
3. I begged to be allowed to shave. I've never been into confrontations so I simply asked to be rid of the source of the teasing. I was allowed to shave shortly thereafter. Most other incidents I've handled similarly. With things that can't be easily remedied I simply have learned to laugh with or ignore.

0945:
1. My father. I was in my 20s and had lived away from home for a couple of years. He ganged up with my nephews (ages 5 and 6) to tease me about my weight.
2. Mad at my father for not taking my feelings into consideration. He was I think intimidated by my college education and job and wanted to put me down.
3. I told him I didn't think it was funny or appropriate especially to teach my nephews that kind of behavior and when he persisted I left and went for a walk.

0947:
1. I was 15 years old and I was bench pressing weights with my cousin and his friend (both High School boys) and my cousin laughed and made fun of my boobs being flat and weird. This was at my house.
2. I felt embarrassed and angry for what he did to me and very self-conscious about my chest and have always felt that I had strange boobs. Now I just think he was rude.
3. I never said anything to him about it but inside it always bothered me and made me feel like I had a flat chest. Now it doesn't bother me becuze I accept who I am and my husband thinks they're fine!

0951:
1. Height - Schoolyard - 11 y.o. All the kids in my class laughed when the class played a game involving a boy and girl skipping/dancing together. By chance, the shortest boy in the class and I (tallest girl) were paired up.
2. It made me feel like crying. The message I got: I'm too big for a girl, and when I get paired up with a boy it makes me look ridiculous. Today, it is still a painful memory and I feel angry at society's ideas about height.
3. I said nothing. I took it all very personal. "There was something wrong with me." Today, when somebody makes a comment about my height I use humor to let them know that they stated the obvious. Actually, my response depends on how I feel about the person making the remark. If I like the person, I will discuss my height seriously. If I don't particularly care about the person, my humor throws them sometimes off balance. Mainly I laugh it off. I still dislike people carelessly remarking on my height. Now I consider people who do that thoughtless. There is something wrong with them.
1. From the age of 14½ to the age of 21, I had to live with Mom’s sister and her daughter because both my parents had died. My Aunt and my cousin teased me about everything - the shape of my head, my glasses, my teeth, the way I talked - you name it and they probably used it. We lived in Overbrook Park, Phila., PA. The years were 1963-1970.

2. I most often felt stupid, unworthy, unloved, slow, and left out. Yes, I was truly angry. Yes, I sometimes cried for hours. There was nothing funny about being ridiculed by people who were family. Now I know they had a terrible problem with their own self-worth.

3. At the age of 21, I moved away from them. My strategy now is to either ignore the jibe or remove myself from the area. Then I would tell them to Shut up - It didn’t do any good.

1. Just being called fat, etc.
2. I feel like no one cared.
3. I would just leave and I would start to cry.

1. I was in the 3rd or 4th grade. We had just moved here from Ohio, and we enrolled me in school. They called me nigger, darkie, blackie and hated and treated me mean. Because they were all Blonde & Blue eyes. Then when they found out my Mom was white, they really teased me on a half-breed status. I had to fight till we moved to a multi-cultural area 1 yr. later.

2. I used to cry, ask my mother why I was different and not a Barbie. I felt that I was teased unjustly. They left me lonely, sad and angry and mostly hurt.

3. We would get in physical fights, name-calling and make me feel inferior. I’ve become more objective to diversity. We need to get to equality status.

1. My brothers teased me often at the dinner table over being “fat”. One night when my dad called me to dinner my brothers took turns as they said, “You’re so fat, you have more chins than a Chinese phone book.” I was 14 years old.

2. I was embarrassed and left the table in tears. I think it’s funny now, but it’s still hurtful.

3. My dad consoled me and told me it’s what’s on the inside that counts. Over the years my family has continued to comment about my weight - I’m either too heavy or too thin. I’ve just learned to move forward and remind myself that it truly is a person’s internal qualities that count. A physically attractive person will not make as big of an impact in life as someone with a beautiful heart, mind, and soul.

1. I was usually teased about my weight or acne, but in jr. high they teased me the most. I weighed 148 then in school but they always called me fat. I didn’t really fit in because I came from mixed parents - Portuguese mother, Black father. I remember being called Oreo nigger the most. Me and my sister had to get bused to the white school. They sent 6 kids over there to integrate the school, so I was an outsider all through elementary school.

2. I was angry, I cried and got into fights. I got suspended in 1st grade for calling a girl a honky, but she was calling me a nigger all day for a week and nothing happened to her. That stuck with me. I can’t say or do anything to defend myself. That’s when the low self-esteem started, when others were treated different for name calling sort of let me know my place.
3. Now I just keep my comments to myself. It made me hard to voice my opinion, even if I have something worthwhile to say. I feel it’s not important, which makes it hard for people to know me because I don’t want to be excused for saying the wrong thing.

0975:

1. When I was 9-12 I was very thin. I was called skinny many times and found it hurtful as a child did not understand.
2. It always made me self-conscious until I was in my early 20’s. Then I had a nice figure and no more remarks about being skinny or too thin.
3. I feel that people who say hurtful, mean things to others are sad, lonely people who try to build themselves up by putting others down. But of course as children we don’t understand that, so the pain is real at the time.

0977:

1. Acne - 15 yrs. - school classmates. Being an adolescent with that problem was not very easy to deal with.
2. Wanted to die - angry and cried myself to sleep a lot - it was not funny at that age. The world collapsed on me - now, it’s funny.
3. Cried a lot. What can you say? Nothing. No_____.

0981:

1. In approximately the 7th grade, (I was about 13) the teacher weighed all the children in the class. I remember weighing 103 lbs, which was heavier than almost all of the boys. I didn’t consider the fact that all the boys were shorter than I was and most of the other girls also.
2. I was embarrassed.
3. I tried to ignore them.

0983:

1. My sister used to tease me a lot, when we were teens, about my small breasts (36A). I was tall and thin, so I didn’t care much - but it did hurt my feelings.
2. It made me feel like I was deficient even though I was good-looking - her teasing caused a wedge between us. I think my sister was jealous of me.
3. I told my sister it was no big deal or I told her to shut up. Now, as an older person, I don’t put up with teasing. I’m selective about who’s allowed to socialize with me.

0988:

1. 16 - My hair is naturally curly and I didn’t know how to manage it at 12-16. Kids would say I was a Carrot Top. Also, I was thin.
2. Hurt. Angry. Looking back I feel kids make fun of people because they find it easier to poke fun than to see that they may have faults. It’s been happening for years, 6,000 to be exact.
3. Just hung my head and would walk away, then I would cry. The kids would just do it again. I would smile and maybe say something to my spouse later, but it doesn’t hurt me anymore. We are all imperfect, so we all have a tendency to tease.

0994:

1. Teased in adolescence for being flat chested - flat as a board/carpenter’s dream - sunken chest/pirate’s delight, etc.
2. I felt defensive and hurt.
3. Reminded myself that the people who said it were not important to me.
I was 15 yrs. old and had asked out a long time friend who laughed in my face and said “maybe if you lost 30 lbs!” There wasn’t even anyone around that he was trying to impress - just wanted to hurt me. We were at school.

I stood there, stunned, as he walked away. Then I went to an empty room and cried. Now, it makes me angry that the guy was so stupid and that I was so dependent on how he thought of me. (At the time I was 5’7”, 165.)

As I said, I cried. Then I talked to another friend, also a male, who looked stunned by the 1st guy’s comment and looked me straight in the eye and told me how special I was and how much the other guy had lost. He’s now my husband and continues to stroke my ego. Hearing how beautiful I am everyday makes me feel good - so does the way he looks at me and touches me - with utmost care and love. I’ve also been through therapy and have been blessed with friends who love and respect my insides, and don’t mind my outsides! Thanks for giving me the chance to participate.

Being thin - Because I was very popular - but skinny - they put a weight chart up in gym “on me.”

Not angry but disappointed that I couldn’t gain weight.

Took it in stride - I have a great sense of humor.

The most current time I was teased about my weight was approx. 2 years ago. I had lost a few pounds and my boyfriend’s brother and girlfriend (my boyfriend also) would make little jabs about my being thin. It only bothered me after they kept saying things about me being thin because no one would say anything to me if I were heavy or overweight. Then I one day decided to say something. I said I was happy about my weight and they shouldn’t mention it again - they did not.

I was hurt - in a way, only because I would never point out anything wrong with them. It wasn’t like I was anorexic - I ate good and go to a gym continually. I have not had any weight change in over 3-4 years. I just ignored the comments. Looking back I think some of it came from the women because they wanted to lose weight but did nothing about it, or were not happy with themselves.

I don’t think it was that big of a deal. I think people just should think before they say things about people’s appearance. I am happy with the way I am - I like to look healthy. I have the time to so I don’t see what is wrong with being thin as long as a person is happy with themselves.

Being called a whale going down the hall in 7th grade.

Horrible.

Focused on my life outside of school - Art, Animals, Family, Travel.

My brother teased me about my weight, as a teen.

I felt angry and funny, at times.

I just think I’m as good as anyone else.

I cannot recall any particular instances, but I do remember teasing and jokes regarding my weight during my early teen years. Much of the teasing took place from the ages of 12-14, and was by classmates in school.

Teasing always made me feel like less of a person and like I wasn’t as important as the skinny girls in my class. I spent a lot of time crying because of it. Now I am able to look back on it as part of being a teen.
3. I generally avoided most social events with peers because I did not want to be teased. I feel it may have contributed to issues with self-esteem later in my life. I try to keep a positive attitude and remember the good qualities I have.

1085:
1. I do not remember how old I was, but I vividly remember that when I walked, my feet pointed outward. People called me duck, and I remember that it hurt my feelings a lot.
2. It hurt my feelings. Looking back, I don’t think it affected me long term.
3. My mom told me to tell people I walked that way because I was a dancer. No one ever teased me again.

1091:
1. The teasing was about my butt. Walking ahead of a couple and their grown up son (over 20), the son made remark about my butt. It happened while visiting a theme park.
2. I felt very angry - hurt and I cried in the privacy of my room. It still hurts when I think about it - it is still very vivid in my memory.
3. I am still struggling about it. I stopped dead in my track and let them go by. If look could have killed that young man would have died on the spot. I don’t know how to cope with that. People don’t understand how hard it is for some people to lose weight.

1097:
1. Teenage yrs. Most of the other girls were very skinny. I was a little overweight (not much) so I got teased by the boys.
2. Very unhappy about myself. Sometimes I would cry to my mother. Looking back now I guess I was just very sensitive.
3. Ignore people that tease others because they usually have problems that they can’t handle.

1102:
1. In high school a couple of girls called me coloring book because my sock always matched my pants or skirt.
2. I guess it made me cry. But now, looking back, I think they were jealous.
3. I ignored them. My neighbors, who were in high school and older than me, came to my side to shelter me. I have found ignoring them helps a lot.

1106:
1. I was called carrot top or freckle face.
2. It upset me - Now I could care less.
3. I said nothing - Now all teasing is totally ignored.

1112:
1. “A boy couldn’t kiss you - your face would be like climbing a mountain range.” H. S. - 15 yrs. old. [Possibly teased about having acne].
2. I cried and then realized I would always be alone.
3. I said nothing, left, and just cried. I became the loner I still am.

1116:
1. At age 14 was teased about my breast at school anytime we’re together other girl had breast. I’ve always been small - still am.
2. Angry and often cry but now I look back more than mouth full is a waste.
3. Good thing come in small package and I know I’m good even though I’m small.
1131:
1. It was a spring afternoon. I was about 27 yrs. old. I had promised myself that I would start exercising. I went out to take a long walk. As I was walking on a secondary street, a car with 20-something old boys drove past and yelled out the window “You’re fat!”
2. I was angry and upset. That comment went through my head over and over again, and I cried for the rest of my walk. As for how I feel about it now, it has impacted my life forever!
3. I said nothing at the time, didn’t react to them at all. Incidents have decreased as I grow older. However, that comment goes through my head all the time, that it may be what people are thinking!

1132:
1. My hairy forearms - about age 7 to 13 yrs. I used to tell the boys they were just jealous because I looked stronger than they were. Glasses helped me see and my teeth weren’t rotten, just had an overbite - still have glasses (smaller of course) and straight capped teeth. We afforded what we could.
2. Slightly angry, but my mom taught me strange comebacks which of course confused these wise guys, and eventually they grew up and we dated a few.
3. I’m old enough to know what I need to fix and if it really bothered me - we all find ways. I still prefer glasses to contacts, I trim my hairy arms if I feel like it (not often - once a yr.), my legs are worse - now my knees are funny - like my toes. But who cares?

1134:
1. Elementary school. I was 10 years old, was diagnosed with an eye disease called Emblyopia, so I was teased severely because I wore a white eye patch.
2. Extremely sad, and scared. I cried when I got home.
3. I kept quiet, and went into emotional withdrawal. In my adult life I am very verbal, open, and am never afraid to speak up or defend myself.

1149:
1. Late 40’s, when health problems caused weight gain - It is younger person that do the poking fun at you and with the many overweight young folks, you would expect that.
2. I was sad and embarrassed about myself, but mad, too, because it is out of my control.
3. I just tell them that they are rude and immature, and sometimes I can tell they are sorry for their actions.

1150:
1. Age 50’s. I wasn’t teased about my weight as a child. My legs got skinny as I got older. One or two people said I had what they called “chicken legs” when they were young. If they only knew it was caused by a birth defect in my lower back. But I just let it go. Happened at a friend’s.
2. Self-conscious, more than before. I tried to consider the source of the comment and how she said it. I did feel very hurt at the time. It felt as though she (my friend) didn’t mean to be mean, still it hurt inside my heart.
3. I just looked down, as I had on sweats that were a little close fitting, and said, “I know.” I was at her home for a weekend visit. I’ve often thought about what she said, and what she could have said. She was on the hefty side, so I guess she needed to make me look bad somehow, too. I never said anything about her. I try to find the good and positive things of people.
1163:
1. My height, 5’0”. I worked at St. Bonaventure University. I used to say I was way over 5’ tall, which backfired on me when my fellow workers dragged me into the butcher shop and measured me.
2. I found it funny, and still laugh about it.
3. I started to laugh. The result was that we all laughed. Good sense of humor always helps.

1168:
1. I cannot remember clearly incidences regarding teasing in age bracket 6-17. I know I myself was extremely self-conscious regarding an acne condition and this made me shy away from certain clothing and activities where face/back would show. Always wore high necks. At sleepovers would never want anyone to see my back - would wear PJ’s as cover-up. Never learned to swim or go swimming with others.
2. Appearance and how you feel and handle situation really affected my life.
3. NR

1174:
1. I got teased about my hair. My mom would braid it and put it in pigtails. I got teased by some older boys about my hair and name in combo. They would say, “Parsley Pigtails” or “Priscilla’s Pop.” None of it made any sense but I laughed with them/at them ‘cuz they made no sense, but it didn’t bother me. I was 6-8 yrs. old. The teasing occurred very little in school but more at the playground in the summer.
2. I thought they were being silly - dumb if you will. Like I said some of the names made no sense about my hair or my name. I just let it “roll off my back.” Sometimes I tried to make up just as stupid names for their name or hair, sometimes but not usually.
3. As I stated above it was no big deal. It was a few boys who teased. I guess I just accepted it as a quirk in their character. I really haven’t been teased or made fun of in my lifetime. But when I have been or more often witness it happening to others I always kind of knew that the “teaser” had the problem - not the “teasee.”

1190:
1. I slipped on ice and fell down. I could not get up due to all the ice and my weight. Everyone around laughed and no one would help. I was finally able to crawl over away from the ice and get up. I was 46 at the time.
2. I was disgusted with myself and with the other people.
3. I did not try anything.

1193:
1. Adolescent teasing me about my skin color (dark), skinny, long arms and legs and large feet. Boys in my classes, and in front of other classmates. Some girls that had better clothes than me teased and my feeling was damaged at that time.
2. I disliked the people that teased me. I was angry, I fell terrible when they laugh. I would cry when I was home, and sometime I did not want to go to school. Children can hurt you badly. My attitude is different now, one learn as you mature.
3. I did nothing. I was passive person, afraid to say anything. I wanted to like me. Had low esteem. I have develop self-respect. If someone try teasing me I can express my feelings in an appropriate manner. No one tease me nowadays.

1195:
1. I had a birthday party at my house at about age 13 (a sleepover). In the morning all of my “friends” told me that I looked exactly like a boy that everyone thought was ugly.
2. At the time I laughed and when they went home I cried. I thought that everyone hated me. Now what they said doesn’t bother me, but the fact that they were supposed to be my friends and weren’t upsets me.
3. I said nothing because I am not a confrontational person. I have had a hard time trusting people until I met my husband. He has been great assuring me that I’m beautiful.

1196:
1. When I was about 10-16 yrs old, I was teased because my legs were thin. Mostly, the boys teased me. I tried to act unaffected, but I have been very self-conscious of my thin legs, even though they are very nicely shaped now. I still have a very difficult time showing them now, even though most women would be thrilled to have legs like mine!

2. I felt very hurt, although I acted unaffected.

3. I didn’t say anything - just ignored the teasing (pretended). I only wish my self-esteem had been better. As a child, I wanted to be perfect...I still struggle with perfectionism, although I like my legs a lot!!

1201:
1. I was 11 yrs old, very poor, attending a new school and knew no one. A female classmate made fun of my clothing after school dismissal because I was wearing “boy’s” socks!

2. I felt extremely angry and hit her, knocking a tooth out. I cried afterwards. I had never been in a fight before or after that. I do not regret what I did. Now, I feel sad for the child I sometimes had to be.

3. As noted above, I used force. There were no consequences. After this incident, she cornered me in an alley and proceeded to humiliate me. My anger was gone and I felt hurt. An older girl came by, heard the conversation and started teasing my offender and she left. Now, I never react immediately, but think things over and rationalize everything. I am very passive.

1207:
1. I was 5’7” by age 12-13. Very thin. Some people would say, “How’s the weather up there?” After about age 15-16 people did not tease me.

2. Angry at the time. Now, I think it was stupid, not important.

3. Just ignored it. My parents always said to ignore it. Good Luck!

1210:
1. I was teased a lot about my big nose from age 10-17. I even had a nickname of “Little Beak.” Mostly I was teased by boys at school which really hurt.

2. It really upset me and I became very self-conscious about it. I believe that it kept me from experiencing things in my life because of a lack of self-respect. Looking back at it, I am angry that I let it bother me so much!

3. I had my nose straightened and reduced by cosmetic surgery at the age of 28.

1227:
1. At age 8 or 9 I was very skinny and was teased at school by boys. Also, I was very poor and they teased about the clothes I wore.

2. It made me feel very ashamed of myself and my family. But I think it made me want a better life when I grew up.

3. It hurt. I was also very shy. I didn’t say anything. I grew up to be quite pretty. So I felt a lot better. I try to make sure my son doesn’t get teased like I did.

1229:
1. In 1965 when I was 10 years old, it was the time of hip huggers and mini skirts. My mother dressed me in a hand-me-down dress from the 50’s and curled my hair in pin
curls (that make it look like a bad perm) for class pictures. All the kids teased me for looking so “old-fashioned.”

2. I didn’t even want to go to school that day but I knew I would have been punished at home if I didn’t. My mother didn’t understand my feelings. I cried all the way back home that afternoon.

3. I tried to pretend it wasn’t happening. Tried to ignore them and became defensive when they wouldn’t stop. I usually would get angry and cry. I still become defensive when I feel someone is picking on me. And I still cry. Sometimes the defensiveness becomes pointing out my good points and making the other person agree.

1231:
1. I have never been teased to my face, but words travel. My boss (female, 34 yrs.) teased me about my age recently.
2. It made me angry and I wanted to cry. Turning 50 was very difficult for me and being single does not make it any easier.
3. I withdraw. Only makes matters worse. My “friends” would leave me out of things because I came across as being a “goody-two-shoes”… at all ages.

1233:
1. This just happened. I was at a club with some friends. When two of us walked on to the floor these two guys said, “watch out here come the big girls.” I was 22; I am not sure who they were. We’re at the Longbranch in Raleigh on a Friday night.
2. At the moment I just blew if off, but when we left I got really upset and I cried. I told my mom about it later. I cried again. Then I got pretty angry. Now it isn’t really upsetting.
3. I guess I just said to myself, he was inconsiderate for being that way. I didn’t do anything at that moment I don’t really have a lot of strategies, I just try to remind myself of the good qualities I have and if people can’t see past the weight to see those, then they miss out.

1236:
1. When I was about 21 yrs old, a doctor (resident) told me if he was as big as I was, he’d never eat another mouthful. This happened in front of my colleagues as I worked in the hospital.
2. I wanted to cry. He was an inconsiderate person who was ignorant.
3. I avoided the cafeteria, brought my lunch and ate it away from other people.

1240:
1. A little boy made fun of me all the time b/c he said I had a big forehead. He hurt me very much.
2. Mad, angry, and sad.
3. Turned the other cheek.

1241:
1. In Junior High School I was teased about wearing glasses. I was called four eyes sometimes.
2. I found it funny. Some of my classmates that teased me then are now wearing glasses themselves.
3. I would tell them I would rather have four eyes to help me see better than two eyes that I couldn’t see at all. More people are wearing glasses now and w/the development of a variety of frames, glasses have become more a fashion statement.

1286:
1. I was 16 or 17, and walking home from school with a “friend.” I was wearing sandals, and she asked, “Did you know that you have long, skinny toes?” Then she laughed.
2. I was angry, and shocked. I made some remark like, “Yes, I know, I’ve had them all my life.” How I feel now: maybe she was jealous. I’d never noticed feet much until then. Since then, I’ve observed that long, skinny feet are prettier than short, fat feet.
3. Being in shock, all I could do at the time was to say what I wrote above. We were still friends - she never mentioned it again and neither did I. My mother told me that Jackie Kennedy wore a size 10 shoe, and as I wrote above, I concluded that my feet were prettier than others, so similar remarks did not bother me.

1293:
1. Age: 14. Where: New School. Who: Female Classmate. She and her friends called me names and told jokes about me. [Possibly teased about having crossed eyes].
2. I was angry at the time, but now I feel that her self-esteem must have been very low. She used to cheat on all her tests.
3. Trying to joke with her didn’t work, so I usually ignored her. When people tease me, today, I usually try to join in. That works.

1309:
1. Having red hair that was relatively curly - mid teens.
2. Ugly. Silly - but the teens are a time of conformity, so I guess the reaction was normal.
3. Tried to dye my hair blond, but it came out orange, so I had to get red dye to try to correct it.

1318:
1. 16-17 yrs. High School. The clothes I wore. My mom always made me wear dresses and dress shoes, except on Fridays I could wear jeans.
3. Just ignored them. Now I don’t care what people think of me. I like me - that’s all that matters.

1322:
1. Between 7 and 11 years old. I had to wear glasses - stigmatism and one “wandering” eye - strange glasses - so: teasing! Height: for a long time I was the tallest in our class.
2. I try to lose the glasses, and made my parents mad about that. Now I think it was all dumb!! Height: Made me walk bent forever.
3. I am naturally not teased any more, not since I was in my twenties - still wear glasses. Now I am the smallest in our family?!

1323:
1. When I was 11 years old the kid down the street called me “Bucky.” I needed braces. I got braces and he no longer called me that. As a matter of fact I looked so good later (I grew up too), he started flirting but I let him know I did not care for him.
2. I didn’t really care much because I knew I was pretty and care about myself. I had many friends and still do. People love me, now for myself, but now I need to lose weight. But I am loved (for myself) always.
3. Thinking back it is funny to me now. It doesn’t bother me at all. I know God loves me and I am thankful to the Lord for everything I have. Now & then.

1331:
1. When I was young my family tried to tell me not to eat so much and always seemed to badger me about it. Then at about 14-15 I lost weight quick by dieting and then they wanted me to eat more!
2. It hurt my feelings - my weight seemed to be the topic of everything when I was young - no one ever thought that I would be skinny. When I was, they didn’t know what to do!
3. Lost weight later, at the time I ate more. My weight has always fluctuated, but now I know that I can be as skinny as anyone. I’ve always known that weight doesn’t make me different inside - just the outside!

1352:
1. At about 12-13 I had gained weight - going back to school and having the nuns and peers say I had gotten fat.
2. I vividly remember it to this day. Yes, my feelings were hurt. Guess I didn’t see myself as they did. I lost it all by 14 - guess it was just puberty.
3. I was shocked as I didn’t realize I had gained so much. I tried to ignore comments. Can’t remember that I consciously tried to lose weight. It was just gone by 14 and I was OK again. It was a hurtful time and I certainly never would say anything hurtful to anyone overweight.

1354:
1. During grades 7-9, I was teased about my weight by a classmate and his friends. They called me “Houser” because, to them, I was big as a house. On reflection, I was not as overweight as I am today. I believe it was a time I was developing into a woman, and the changes were perceived, overall, as weight-related.
2. I was miserable during those 3 years in school. I became withdrawn and continued on a scale of weight gains. I was embarrassed, alone, insecure, and unhappy. Looking back, I wish the teasing could have been stopped. I never forgot any of the boys who so diligently confronted me daily to tease me.
3. I avoided the crowd of boys. If I saw them coming, I crossed the street, I hid in classrooms or under stairwells, etc. The most painful occurrence was when my older brother joined in the teasing. Now, I confront individuals and directly ask if the intent is to embarrass me (when I believe the teasing is not in fun). This strategy empowers me; the attacker is on the defense.

1360:
1. Walking on the street and a car of boys drove by and called me ugly.
2. I felt ugly. The boys were jerks.
3. It contributed to my low esteem and the feeling of being ugly.

1382:
1. When I started wearing glasses, about age 5-6. School mates laughed at me, called me nerd and 4-eyes. I felt sad and ugly.
2. I felt mad that kids made fun of me. Now I know kids can be mean to other kids.
3. At first I would be mad and sad. After time you get used to it. Then the kids leave you alone.

1387:
1. At my present age I am very heavy. A friend said I looked like a blimp. I am very self-conscious about my butt and fat stomach.
2. I made a joke of it - but wanted to cry.
3. Try to laugh about it.

1392:
1. At age 16, classmates made fun of a polished cotton dress that my mother had made for me. The called it a "plastic" dress. The "socialites" group made comments between classes at school. (I never wore that dress to school again.)
2. At the time I was mortified. It made me cry. Looking back, I don't think they meant to make fun of my dress. They just didn't know what else to say.

3. I simply ignored what they said - played deaf and dumb. Later I talked to a friend about it. Since I never wore it again, it was soon forgotten. I try very hard not to say or do anything that may become subject to ridicule.

1396:
1. As a child, by my siblings, being fair in color, I was called High Yellow. Being very thin - always called skinny and switch and scarb.
2. Angry and I'd cry frequently. Looking back we can laugh about it now that I am overweight.
3. I called names back, i.e. black, stupid, etc. Most of times it ended in a fistfight. As an adult it's easy for me to ignore teases.

1403:
1. I joke about my weight before anyone else does. I say things like, (to a sales clerk) “Do you carry size humongous?” or “I could survive for months on a desert island just living off my body fat.”
2. NR
3. NR

1410:
1. Swimming suit, 38, my family, 4-4-97.
2. Trying to lose weight.
3. No.

1431:
1. My oily hair in high school, also 7th and 8th grade! It was by a boy who I couldn’t stand in the first place. He would call me oil slick and talk about changing the oil in my hair.
2. Sometimes I would cry - most of the time I would get angry. Looking back it still makes me angry - even embarrassed!! I still get that yuck feeling in my stomach if I hear his name!
3. I called him names back or tried to AVOID him. He just teased me more. After this incident I never left the house without washing my hair. We were poor, so we rarely had shampoo, so I would wash my hair in dishwashing liquid - I still will not let my hair get greasy. Sometimes I have to wash it twice a day!!

1437:
1. 12 yrs. old - too thin, greasy hair & acne. The other kids teased me greatly. It hurt and I became the one to tease others before they had a chance to tease me.
2. Angry and ashamed, because there was nothing I could do about it.
3. I ignored it or tried to make excuses for it. I became a very agree teen-ager and in early adulthood.

1443:
1. 13 - 15 years of age - developed earlier than most classmates - was sometimes teased about this.
2. Made me feel "different" at the time. Now realize it was probably from envy.
3. By and large ignored the teasing, and problem solved itself as I grew up.

1449:
1. My uncle used to call me “Boney Maronie” as a nickname. It was just a joke - I never got upset. My age was 5 - 10 yrs. old.
2. It never made me cry. He was the only person I can remember that made a big deal out of my size. I'm sure he was picking on me because he liked me and wanted to see my reaction. I always looked up to him when I was a kid.

3. No strategies - I usually just laughed. I'm not overly concerned with what other people say about my appearance. I'm pretty self-confident and satisfied with myself. I try not to be real critical of other people as well.

1458:
1. I was in grade school, probably about 4th grade. I sat down at a cafeteria table with a group of friends. They began to laugh and sing the jingle "sometimes you need a little Finesse, sometimes you need a lot" (from shampoo commercial).
2. At the time, I laughed too. Someone from the group later explained they had been making fun of me and my hair. Then, I was upset and I cried. Now, it just makes me mad.
3. As an adult, I am more likely to poke fun at myself before others have the chance.

1459:
1. Kids all the way through school teased me about my knocked knees and my toes turning in.
2. I never thought it was funny and it hurt my feelings but I would never cry. I always tried to walk with my toes turning out but then people thought I was limping then.
3. NR

1472:
1. Being pregnant I was a very thin young woman (95 #'s). My employers said I looked like a bean tacked to a shingle.
2. Shocked and sad then - now I would view it as insensitive.
3. Coping - laugh with them on outside, while crying on inside. At present I would express feelings.

1473:
1. Some friends and I were going to a club and they made jokes about how large my breasts looked in the shirt I had on. They kept up the joking all evening, even after we were out.
2. It was funny at first and I laughed it off, but as the night went on it got old and I was tired of hearing it.
3. At first I laughed, but later on I started to get defensive. I stopped wearing the shirt to go out. Now if someone jokes about the size of my breasts I blow it off. I'm comfortable with my size.

1475:
1. I was teased at school about the age of ten about my nose. I have an Indian style nose and a bad case of acne. I always had a huge bump appear on my nose from time to time. The children would tease me and say, "A bump on the outside means a bruise on the outside."
2. I was angry and hurt and I didn’t find it funny at all. Looking back maybe I was too sensitive, but it still hurt my feelings.
3. I was upset, so I would tell them that their mama had a big nose, which sometimes lead to a fight. Now, I try not to think about it and try not to do anything to draw attention to my nose. I take better care of my skin now and my skin doesn’t break out very often any more.

1481:
1. When I was about 12 I had a growth spurt and grew to 5’4”, the height I am now, but at that time I was taller than every kid in the class.
2. It made me very uncomfortable being taller than all the boys. Now that I look back it wasn’t so bad, but at a very sensitive time in a young girl’s life it was.

3. I learned to ignore the teasers and just deal with it. Now if someone teases me about anything I still do the same - just ignore it and forget it.

1487:

1. I was teased about how small my breasts were. Mostly in the 7th grade - I was 12-13 yrs. Boys would always ask why did I bother to wear a bra. Or how come your sister (older) got all the boobs in your family. This happened in school.

2. I felt very upset and would cry about it at home. Now I look back and realize that even as grown-ups, all men think about is big breasts. I just live with it.

3. I would try to ignore it. I would sometimes “stuff” my bra. But then they would tease about that and talk about it for a while. I grew thick skin about this teasing and learned to live with what I have.

1506:

1. As a child I was teased about being overweight. But no vivid memory stands out. It didn’t happen that often.

2. It made me feel bad. Hurt my feelings.

3. NR

1511:

1. I was teased a lot about my size. I was probably the smallest in my class. They would always pick me up, throw me in trashcans and boss me around because I was little and wouldn’t stand up for myself. It occurred all through school, mainly in high school. Both boys and girls did it, but with the girls it was mainly bulling and bossing around.

2. It would make me very upset, and sometimes I would cry. Very rarely I would laugh about it. I wish I wouldn’t have let the girls boss me around like they did. I regret that.

3. Basically, I let them continue to do this because I wouldn’t stand up for myself. I have learned to stand up for myself and not let people pick on me or boss me around. Now they all wish they were as small as me now. Thanks what is funny.

1516:

1. I’m sorry, I cannot remember specifics. I just remember I was skinny with 2 “watermelons” on my chest. Not “cantaloupes,” “watermelons.” This happened in the hormonal years of high school.

2. I was embarrassed so I would wear baggy clothes and walk and sit hunched over. My feelings were pretty much just embarrassment.

3. I realized I am different. Different is good! I hope I was able to help.

1517:

1. Age 16 - boys teased me about being on the “chunky” size and having small hands and feet.

2. At the time it happened I was mildly upset - It doesn’t bother me now.

3. I said nothing and continue to do so.

1531:

1. Childhood - friends/classmates - whenever - school/home. Called me Jolly Green Giant, Beanstalk. I was tall and very thin.

2. I felt hurt. There was nothing I could do about it. I ate plenty of food. Now, it is so long ago. It means nothing now. I laugh about the nicknames I had.
3. I don’t remember how I coped. I think I cried and said nothing. Now, I cope by being quiet, walking away, and stew and sulk on my own. I know, probably not very mature!
GOOD LUCK with your research!

1543:
1. 17 yrs. - Boys teased me about breast size during cheerleading practice.
2. Embarrassed, angry, and now feel sad.
3. Tried to ignore them, wear clothes that tend not to accent bust line.

1548:
1. The day before I entered high school I slide on the gym floor on my face. My Mom and Dad didn’t take me to a doctor. My mom applied tons of makeup on graduation day and I was very embarrassed. From that day on my nose had a terrible hook to it and I was teased until the age of 20 when I had a nose job. It gave me so much self-assurance from then on.
2. It was terrible. I was always self-conscious and never could get a boy to really like me. I made up for it with my personality and sense of humor. I found it was easier to laugh along with the other kids. This is how I hid my self-consciousness.
3. I became the class clown. Everyone liked me because I was funny. After the surgery my appearance was so much better and my self-confidence soared, but all through high school I was very unhappy deep down inside.

1567:
1. Had to wear glasses at an early age.
2. I did not mind, as I knew I needed to wear my glasses.
3. Took it in stride.

1572:
1. 6th grade - (11 or 12 yrs?) Teased by a “rich” girl about me not having designer clothes (at school).
2. At the time, I was crushed. I wanted to “belong” and my best friend wasn’t teased because she wore the brand names. Looking back, I realize she was wrong, not me.
3. I never said anything to anyone at the time. I cried at home and asked my mom to buy me expensive clothes - which she couldn’t do. Over time, I realized what makes a good friend and quit trying to win the approval of shallow people.

1573:
1. I remember I was in sixth grade and Brenda Smith chose to tease me about my lack of height and big breasts all school year. I was 12. It usually occurred during recess. (My breasts were OK - but my height really bothered me.)
2. I was angry, sometimes I cried because I felt being short was a bad thing. Looking back I think it made me realize not everyone can be model perfect.
3. I told the recess aide. I told her Brenda was bothering me. The aide talked to Brenda. Although the teasing continued after the aide spoke to me, too, I realized Brenda was as insecure as me. I now joke with the person making fun of me. Except for my ex-husband - I divorced him because his teasing was bad for my self-esteem.

1591:
2. Angry at 1st. Until he’d grab me and give me a hug.

1594:
1. High School - Freshman. Was teased about braces.
2. I felt it would hurt my “popularity.” That no “boys” would like me. Now I feel it was worth it, I love my straight teeth.
3. I just tried to ignore it, sometimes I laughed too.

1600:
1. Never had very nice clothes to wear to school - my family did the best they could.
2. I felt hurt but we weren’t rich. Now I don’t think anything about it. But I see other children too, and I wonder if they are made fun of.
3. I would just walk away or say I’m happy with what I have. But really I hurting inside and cried when nobody was around.

1602:
1. Because I was skinny I was called “String Bean.” When I met a group of friends they would call out “Hail String Bean.” Age 10 thru 15. No one called me this except in a group.
2. Made me feel odd. I was kind of hurt, but most of the other kids were not perfect so I rolled with the punches. Fact was I was skinny and friends made bets on things I could slip thru.
3. I say roll with the punch and consider the source. At the time getting mad would not of helped, nor would it today. Teasing in a group is very hard, but do not let them know it bothers you - drives them nuts. One on one, ask the person is it a problem for them is what I do.

1610:
1. I was thin and not too smart at the time. I learned after that.
2. Cry - I did plenty of that - also they laughed at me.
3. Don’t remember too well.

1614:
1. I was an adult - 33 maybe? I was shooting darts in a strange bar - college guys were making jokes and laughing although I haven’t a clue what they were saying. I know it was about me. [Possibly teased about too fat/overweight].
2. I was angry and hurt - pissed off.
3. I just kept looking at them, thinking how disgusting they were. I have no strategies for people like that - I need more than strategies - solutions. But I haven’t any solutions, either.

1617:
1. Was picked last for school sports teams. Couldn’t run fast but was athletic otherwise. [Possibly teased about overweight].
2. Disappointed me.

1620:
1. Having a twin sister, our Mother always dressed us alike. She made most of our clothes. This was in Grade school and some of High school. We were teased by classmates. It wasn’t as much about our clothes but because we were always dressed alike.
2. We didn’t like the teasing but we just knew that was the way it was. I don’t know what I feel about it now because that was the only way I knew. We respected our Mother.
3. I think we coped with it easier because we had each other. We would try and have our Mother change but she only would make some of our clothes in different colors but alike. I’m sure it helped us to cope with certain incidences in later life. I regret to tell you I lost my twin sister 13 yrs. ago. I miss her much!
1634:
1. I had crooked teeth and would be teased about them all the time. It wasn't a bad tease, but it was a tease.
2. It made me sad and angry. I feel now that it was just a kid thing to do. As I got older, I never was teased again.
3. I just would walk away and say nothing. I knew my parents could not afford to get me braces. Now as an adult, I got braces about 10 years ago and had them taken off about 6 years ago and my teeth look fantastic.

1638:
1. I was teased about my weight by my older brother. I was about 11 and he is 5 years older. We were driving in the car.
2. I was very angry. I remember trying to think of a mean name to call him but couldn’t. Looking back I’m sure he was just bored with the drive and knew he could get me going by calling me “fatty”.
3. I would try to ignore it at first, but usually it would get the best of me and I would get angry, which would only encourage my brother to keep teasing. My mother would usually step in. I have learned life shouldn’t be taken so serious. I know I have flaws and make jokes. After all, if you can’t laugh at yourself, who can you laugh at?

1640:
1. 35 yrs. In front of co-workers by a male. “When are you going to shave your mustache? Want to use my razor?”
2. Embarrassed.
3. No comment. I live with it.

1641:
1. I was 10, about in 5th grade. The teasing occurred after school. I was cornered by the boys in class (the ones who thought they were cool) and teased about being a “Horse Face.” I was humiliated. All of my girlfriends witnessed this teasing. When I tried to fight back with smart comments, I was pushed down, hit, and even hit with one boy’s strap or belt.
2. At the time, I was frightened, humiliated to tears. I did cry. I was angry that I was a victim. Now I look back and feel sorrow because it bothered me so much at the time of the incident.
3. I used the only weapon I felt confident about - my intellect and ability to speak out. I was hit and hurt. Now I have a mind set. I know who I am and I like myself. Teasing doesn’t hurt. In fact, I have learned to laugh away with the person.

1642:
1. I have many incidents - probably more than I remember. I was always called “Fatty Patty,” even by my family.
2. It made me feel very hurt. I always felt left out of everything.
3. I would probably cry. I felt so hurt that I would just eat more. When you’re teased all the time your self-esteem goes down. You get to a point that you don’t care anymore.

1648:
1. Freshman year, 1990, Ralph was one of the school’s pretty boys and I was having yet another of my breakouts. I never thought he was a rude person, but when he came around the corner to the lockers and saw me there, he looked me right in the eye and said, “Why don’t you go wash your face?” I cried.
2. I was embarrassed and all of a sudden, very self-conscious. That was 11 years ago and I remember it this vividly. From that day ‘till present, I am now very aware of my physical flaws.
3. I just ignore it. I can’t go back and keep dwelling on it, but I can’t fix it either. I’ve lost the will since that incident. My flaws are clearly visible and I can’t do anything about it.

1650:
1. I was about 12 and I fell walking to class and it was outside and when I fell I landed in water and everyone called me “Free Willy” and one of the people who called me this was at that time my crush.
2. When it happened I laughed it off, but I cried later. Looking back now it doesn’t bother me because I was pretty heavy.
3. After the incident I became bulimic. Now I watch what I do eat so I don’t have to go through something like this again.

1658:
1. Teased about wearing glasses. In school, called 4 eyes. Age 11.
2. Hurt, cried some. Should of not bother with the individuals who said it.
3. Probably called them names too.

1659:
1. When I was age 16 on, my family teased me…wouldn’t let me have the potatoes at dinner, said I was fat and no one would ever marry me.
2. I believed them. Decided to become a teacher, as I would never marry and have kids of my own.
3. In college I met my husband, and he said parents were wrong. Since then I try and let parents’ barbs roll off my back, but it still hurts, even after all these years. (And I did have 2 nice kids!!!)

1677:
1. The boys on the playground would tease at lunch. They referred to a commercial for Folgers coffee where they said in the commercial “a mountain was coming to Chicago,” and they would say, “she’s already here.”
2. I felt like a misfit, out of the thin loop, not attractive or desirable. I’m not sure I remember it so it must have had an impact. Now I think how cruel kids are or were.
3. I ate more. People don’t say those cruel things now that I’m an adult. I went on countless diets to prove them wrong. I enjoy succeeding on a diet and showing up at a special occasion looking great. I showed them!

1678:
1. Being at the pool I was teased because I was very skinny and had no breasts.
2. Very sad and self-conscious.
3. I ignored the boys.

1682:
1. Being called 4-eyes sometimes by others kids in school. Being called Fatso or Lard Ass when I got older and less active and gained weight.
2. Was angry and cried. Cried.
3. Ignore them.

1688:
1. When walking down the street someone went by in a car and yelled, “Moo” at me out the window. This was about 10 years ago.
2. I was very hurt at the time. I would still be upset and hurt, but not as much as I was then.
3. I ignored them and tried to laugh about it with the person I was with. I have decided to not care what other people think and just worry about how I feel.
1690:  
1. When I was about 13, a friend’s aunt said I didn’t need to wear my bikini top, because all I had were pebbles. We were swimming at my friend’s (male) house at the time and I was very upset.
2. I was very self-conscious and upset. I didn’t say anything, though.
3. I did nothing at the time. Now, I shrug it off with a smart aleck comment.

1694:  
1. Grade school - about 12 or 13. Boys at school said my breasts were so small they were mosquito bites.
2. Made me angry - it shouldn’t have mattered what they said.
3. Tried to ignore them. Try not to listen to what mean things people have to say.

1696:  
1. My height. I was in fifth grade and just moved to a new school. It was mostly the boys.
2. It made me cry. I think it was very mean.
3. I tried to ignore it. I told them they were jealous. I made basketball, track, soccer. It helped me to be a stronger person.

1705:  
1. Bad teeth.
2. Angry.
3. Ignored it as it was a dental problem.

1706:  
1. I was teased about my height. A classmate (boy) took my art project and placed it up high on the window in the classroom. I was about 12 yrs old.
2. It made me feel stupid (the whole class was watching and laughing as I was trying to get it down). I was furious. Looking back is hard because it’s painful…everything about my childhood teasing is. It messed me up so much that I’m in therapy now.
3. I let it go…I just brushed it off…I didn’t say anything. The result was bottled up anger…which eventually exploded. As I stated above I’m in therapy now because of it.

1717:  
1. I was 14 years old. I was taking a shower in gym class. A couple of girls called me fatso, said that I had cooties. When I went back to my locker they hid my clothes.
2. At the time I felt like a nothing. No, it wasn’t funny. They must have been jealous of me for some reason.
3. I no longer let things like this bug me. I’m just as good as anyone else.

1722:  
1. As a teen feeling ugly and always reminded of being fat! Fatso was particularly upsetting. Another was another person calling me a fat cow when I was in my 20’s.
2. Upset, at tears. Doesn’t really feel any better now.
3. Try to develop a thick skin, pretend not to hear. Ignore them (but it still hurts!)

1730:  
1. 5th grade - peers said, “Fatty, Patty. Two by Four can’t get thru the bathroom door. So she pooped and peed all over the floor.”
2. Hurt my feelings. Now I know children are the cruelest things on earth when it comes to teasing.
3. Usually ignored them and laughed with them, but really hurt my feelings. The adult world is a lot kinder.
1732:
1. Teased about my dress being too short when I was 14 by other girls in my class at school.
2. The teasing not only hurt my feelings, but also made me feel inferior and not a part of the more popular girls in school. Looking back I feel it was normal behavior for girls at that age.
3. I did not cope well for I hated that dress from then on. I did not say anything at the time.

1740:
1. In the fifth grade, I was with the same 4 friends since 1st grade. However, I became the scapegoat and all 4 of them picked on me. My shoes weren’t the same as theirs, my feet were bigger, I didn’t get an “A” on the test. I cried a lot and called mom to pick me up from school because I was sick. That gave them more incentive to tease.
2. I was always crying. Mom told me to “kill them with kindness.” I took in homemade cookies and shared them. I invited them to do fun things at my house. Now, I know it’s just kids looking for fun and I’ve told my kids, “laugh with them” and “kill them with kindness.”
3. (Also see answer to #2) Now I can laugh with them at myself. That’s come with maturity and possibly thicker skin. Peer opinions aren’t as important.

1749:
1. At age 14 I was pencil thin, but wore a size 34B bra. The older boys at high school. Some girls would ask if I stuffed my bra.
2. I felt like a freak. In most of my classes, I had the biggest breasts. I started wearing my older brothers’ big shirts to try and hide them.
3. I was very shy, my face would turn red and I would ignore whoever was making a rude remark.

1770:
1. I was 30 years old and had just gotten married. I showed some pictures that my new husband had taken of me to a co-worker. I thought they were good pictures of me and was desperately hoping to hear compliments. Instead the co-worker made fun of my acne scars.
2. I didn’t cry, but I felt like it. I felt hurt and very embarrassed. I also felt very ugly. It still hurts. I think of it a lot and assume others hate my face, too.
3. I think I said, “Thanks a lot for the compliment!” in a sarcastic voice. I kept my distance from the co-worker after that. I try to be assertive when I need to respond to teasing.

1774:
1. On a public bus in KC MO - young blacks (I’m white) teased me, laughed at me, made fun of me because I had weak upper eyelids - called me bedroom eyes, etc. I was 10-12 yrs old. It happened more than once.
2. I felt very sad, like a freak - It probably would still embarrass me, but not hurt like it did then.
3. I didn’t say anything - I ignored them and kept it to myself. Now I have learned to learn from the comments - if I can change something, I will. If not, I try to accept it as part of being unique.

1799:
1. I have heavy arms. There was this athlete in high school whom I liked very much. He always commented about my arms being bigger than his. He broke up with me, and I felt this was because of my large arms. Even now, I don’t wear sleeveless clothes.
2. I felt very embarrassed. I didn’t cry but I’ve always felt embarrassed about my arms. Now, I feel that he had a problem, but after all, we were young (in High School). He may appreciate other things about me today.

3. I stopped wearing sleeveless clothes. I didn’t answer him at that time. My feelings for him didn’t change - I still admired him very much. Later on, I married someone else who didn’t tease me about my arms. I now ignore any incidences about my appearance. Even though for health reasons (a bit of appearance) I would like to lose weight. This attitude helps me a lot. There are other good qualities besides good looks.

1802:
1. Was not teased. Told sometimes that I was skinny. Bean Pole - did not bother me in the least. I was well liked and involved in many activities at school.
2. NR
3. NR

1814:
1. I was teased about being flat chested in junior high. I was 13 and was teased by the 13-year-old boys in my classes.
2. At the time I was upset and cried after I went home. Kids can be mean at that age, and need to be educated about teasing their peers.
3. I was shocked at being called names. I went home and told my mom. I haven’t had this type of teasing as an adult.

1824:
1. I was in high school back in the 50’s. While in the classroom, everyone is working quietly. All at once my friend asks the teacher loudly, “Is it too late in the year for one to wear white shoes?” I had on my only pair of shoes and they were white. I was the only one wearing white shoes. To this day, I do not buy white shoes.
2. If I could have dug a hole and crawled in it, I would have. I wanted to cry. I pulled my feet back as fast as I could, trying to hide them.
3. I said nothing. I now buy several pairs at one time, no white shoes.

1828:
1. It wasn’t really teasing. The kids just didn’t want to touch me because I had atopic dermatitis/eczema. Especially during hand holding games at school.
2. I felt unclean and ashamed but tried not to let it show. I still feel self-conscious. Thinking back, I wish parents would train their children to be more tolerant of people who are “different.”
3. I told them they couldn’t catch it by touching me – so did my friends (tell them). After what seemed like an eternity someone did take my hand and we kept on playing. When someone teases me I usually shrug it off thinking to myself that they really aren’t so perfect either but why make them feel bad too by pointing it out to them.

1830:
1. 3rd grade - Teacher Mrs. Little made fun of me because the girls were making fun of me because of my weight and braces and pushed me down on a steam heater and I burned my hands. Mrs. Little told me I should have gone burned worse.
2. It hurt my feeling, I cried, went home told my mother who went to the school. I did[not] care about school after and started failing in school. For the next few years until I realized I was only hurting myself.
3. Yes, as I got older I started telling people how stupid they were cause they could someday be done the same way for reason or another.
1832:
2. Angry then. Don't care now.

1856:
1. At age 31. Once a lady said I looked like mashed potatoes from the waist down. (I weighed 150 at 5'3" tall). I was just surprised at the remark.
2. I was disturbed enough to ask my husband what he thought. He said, "If you want to know if you look fat, yes you do." I wasn't terribly upset about his remark.
3. I went to a TOPS Club and in 4 months I lost to 121 lbs. I am now only 7 lbs. more than that at age 69 - I still try to keep at 128 or a little below, but now it is easier with more fat free and sugar free foods. But I am not a slave to being thin.

1859:
1. My mother made me wear a girdle to Junior High school. She also sewed up the cups to my bras so I wouldn't "stick out." She sent me to school with lettuce for lunch.
2. I was very embarrassed in gym class or any time my friends could see me.
3. I learned to hate my mother. I over compensated by becoming very proficient in music and I was a real "loner."

1861:
1. My only memory of teasing was from one of my 3 brothers. I was young, 5-8 yrs. He made fun of my ears - called me "big ears." Yes it hurt, but it was only my brother.
2. He used to make me cry but I got over it and just ignored him and he stopped. Feel now: no hard feelings.
3. I ignored him, but when he first started I would scream and yell at him. It taught me just to ignore anyone else that might tease me.

1874:
1. Boys teased me about my large breast, calling me "sweater girl."
2. Sad.
3. Ignored it. As long as I like me, it doesn't make much difference if you like me or not. That's your problem, not mine.

1879:
1. I was about 45 - 50 yrs old. My father asked me how much I weighed and said, "Getting a little hefty, aren't you?"
2. I was offended and felt bad, but considered his age and dementia as factors. I know I am overweight - it's a fact.
3. I try to watch what I eat and should be more motivated to exercise. I didn't get angry at him and just let it pass without a response. But I haven't forgotten it.

1885:
1. My dad's profession was barber. When my uncle came on visit, they would mention all the boy heroes in my school and watch my face to see if I blushed. If I did blush, then they would incessantly tease me about having a crush on said boy. This was usually followed by teasing that said boy might not like skinny legs or big ears.
2. (a) Angry - I hated to see my uncle come for a visit. I wanted to leave the room. (b) Now I wished I had handled it differently, perhaps by talking to my dad in private, telling him how pairing me in romance with a boy I didn't really love angered and somewhat hurt me. I wished also I had prayed to God for help.
3. (a) I practiced my manners and said nothing. In spite of red face, I acted calm on outside but within I was angry. Result - I resented this treatment by my dad and uncle. (b) Grin and bear it. I came to realize teasing is often a compliment in disguise, meaning the teaser basically likes you or he wouldn’t bother.

1899:
1. 5th Grade, I was teased about being skinny and not wearing modern clothes. I grew up in a very modest home, small income. I was also teased about being Latin.
2. It made me very mad - I never told my parents how I felt because I thought it would hurt their feelings. I wanted to get even somehow.
3. I ignored the people - I somehow knew that one day they would be sorry - because I would better myself and I did.

1919:
1. When I was young I was teased a few times by kids about “buck” teeth. I must have been about 10 or 11. I think it occurred at school.
2. It hurt my feelings, but I didn’t cry. Looking back now, I see it as regretful, but typical childhood behavior.
3. Don’t remember exactly - I think I didn’t say anything in response. Since then I’ve never been teased about my teeth. My kids have teased me about having small breasts, but I just told them it’s a lot easier having small breasts than carrying the weight of large breasts (which they have). I told them I’m happy with the way my breasts are (which I am).

1927:
1. I was at school (5th grade) and one of the girls that was very popular kept calling me blubber and her friends were laughing.
2. I was hurt and angry and looking back I am still hurt and angry.
3. I hit her and got sent to the principal’s office. My mother was supportive. Now, I talk with my husband or friends.

1933:
1. At a family reunion (my age was 58), many teased me about my hooked nose, or “beak.” These were all distant cousins, reuniting in Roanoke, VA for annual family get-together.
2. I felt taken aback. In retrospect, I believe because it was a family gathering, such teasing was “normal.”
3. I coped by laughing about my looks, not letting discomfort show. A good sense of humor and relaxation (that comes with age) helps. Anger is ridiculous.

1962:
1. I was about 12 and some kid didn’t like the look of my lips and walked around the neighborhood chanting “Horse Lips, she has horse lips.”
2. I cried and avoided him and his acquaintances. Looking back he was just plain cruel, mean.
3. I didn’t cope. And continued not to cope until taking a self-esteem class in my mid 20’s. What a difference! Now I know my own worth and teasing no longer bothers me. I now realize there is something not quiet right with their esteem.

1967:
1. Teased by kids at school in locker room about 5th grade, 11 yrs old, for being fat.
2. It made me cry and feel self-conscious. I think it was cruel of them.
3. I cried and left the locker room; probably made me an easy target going forward. I lost the weight until I had children. People don’t tend to tease at my age, thank goodness. I remain self-conscious.
1977:
1. Freshman sewing class displayed sewing projects. I heard several classmates laughing at my dress and calling it an ironboard.
2. Felt very embarrassed and angry.
3. Pretended I had not heard them. Did not worry about what others thought about my appearance.

1989:
2. Felt awkward. Can laugh about it now.
3. Ignored it. Said I was a slow developer. It stopped eventually. At this point in my life I enjoy being teased!

1991:
1. Sleeping on the top of a bunk bed - 20 - cousin - during summer - at my aunt’s house. [Possibly teased about too fat/overweight].
2. Hurt my feeling then and now.
3. I laughed with them. Try to go with the flow. It helps me not to cry.

1993:
1. Most of the teasing I received was from my brothers. Just typical sibling stuff. I was a PE teacher and fairly fit even with size. I was the most critical of my size.
2. NR
3. NR

1996:
1. Walking down hall in high school and a girl I didn't even know says, “Oooh, Zits!” It was first time I tried not wearing makeup to cover up acne.
2. Cried and never went in public or to school without makeup on. Still hurts to think about it. I cringe.
3. I didn’t know how to cope and still don’t. It still hurts.

2000:
1. Middle School, age 12. Kids at school that were from comfortable families teased me about my clothes. They were new clothes. One of the first times I got to get new clothes before school started and I was teased because they were dorky.
2. I felt like an outcast, like I didn't really belong to a “group” of students. I was not proud of who I was or where I came from. I was angry that we didn't have enough money for me to buy “designer” clothes. I cried to my mom. Looking back, I just feel that kids are extremely hurtful to each other. It’s terrible.
3. I said nothing. I just tried to escape the situation. That would work for the time. Now, I just don’t care if people don’t like my clothes. Of course, I can afford nicer clothes now, too. Some days I look nice, some dumpy.

2001:
1. My sister called me “jug butt” when I was about 12 and overweight. I remember it vividly to this day and I am 43. I then became anorexic and she teased me about looking like a skeleton. Those were not happy years.
2. I was angry and even to this day I hate her for saying that. It’s made me so self-conscious of my butt.
3. I remember telling her she wasn’t perfect, either. I don’t do well with anyone when I’m teased. I get paranoid that they actually think whatever it is about me and feel it’s another “fault” of mine.
APPENDIX C

OPEN-ENDED RESPONSES FROM OPEN-ENDED QUESTIONS

NON-APPEARANCE RESPONSES
1. My friends teased me when I didn’t get a joke. We were in high school at lunch.
2. I was angry and sad. It was part of growing up!
3. NR.

1. The boy next door who was my friend would walk beside me (in the street) pointing out the crackers I was making and laughing with the other boys. Later he apologized and said, "I had to understand he had to fit in with his friends."
2. I understood then but now I see he was no friend at all.
3. I just kept walking with my head down. I’m more careful how I pick my friends.

1. I was in 5th grade playing kickball. I was already 5’10” and while playing a black lab dog came up from behind me and jumped on my back and started to try to mate with me. All I could hear was she’s gonna have puppies. Said if I wasn’t so tall the dog would have left me alone.
2. I cried and called my Mom to come get me out of school. Then the next few weeks all I heard was Tina’s gonna have puppies. I will never forget that moment.
3. I tend to hold things in; maybe that’s why I am clinically depressed and on medication?

1. As a child, 10-15 yrs. Old, I am from a Canadian/French speaking family and have a slight accent. As you know, French people reverse their words; therefore I was and still am teased when I mix my words. People still tease on occasion.
2. As a child it used to make me feel angry and embarrassed. Now I know my friends do it just to make me laugh.
3. In the past, I’ve cried. I became bitter at times. But now as an adult, I would comment that 2 languages are much better and brighter than one. Then shrug it off. I’m proud to be who I am!

1. Kids used to tease me because I would rather read than play baseball.
2. I didn’t care then and I don’t care now.
3. I just ignored them.

1. I got teased in 11th grade, age 16. Because I was pregnant.
2. It didn’t hurt me then and it don’t hurt me now.
3. I didn’t say anything. I moved on and so did they.

1. I got my period in Home Ec class. I was 14 years old. It was very heavy; it went through onto my jeans. My friends and best friend teased me.
2. It was very hurtful. I went home from school. Looking back now, I sorta chuckle about it. Other than that, it’s better off forgotten.

3. I went along with their name-calling. I laughed with them. They got tired of saying it after awhile. You can either be a victim or a player. I'm a player.

0210:
1. Whenever I said anything in school at the age 11-12, some boy always repeated it because of my accent.

2. Just hurt. Because I had left a loving family and moved to another state. When I went back to W VA for summer vacation and it was time to return to MD, I woke up one morning unable to walk.

3. It turned out to be psychosomatic (wrong spelling). There was nothing physical wrong with me. It was a time of polio so I was tested spinal tap and all. My Mother made me go back to school on crutches and the boy who had teased me the most, offered to carry my books from class to class and we became friends and are still friends today.

0410:
1. I had to go to speech. I had trouble with my R's. Since the 2 grade. All the kids made fun of me because the teacher had to come to class to get me. I was asked "what country did I come from" and stuff like that.

2. I was embarrassed, cried all the time.

3. When I got older I learned to let it go. And to make fun of myself. You know, to laugh with the group.

0432:
1. When I was about 15/16 I was carrying a bag of dirty clothes around on the bus and a boy tore a hole in it and he was acting smart and did it. I smacked him in face as hard as I could

2. I was very angry. Now I feel good for standing up for myself and it is also funny.

3. I coped by smacking him. Didn’t say anything. Now I just laugh too or try to make fun of them back and get even. Makes me feel better.

0436:
1. My first name is Rachel and when I was 12-13 I move to a new school. The kids there sang about "Rachel and Reuben" and I didn’t know the song or much else about where my name came from.

2. It made me feel bad at the time. Now, I’m proud of the origin of my first name. It is the name of my great Aunt and a woman in the Bible.

3. I did not know about “how to cope” at that time. Now, if I’m teased about anything, I just agree or tease back. I’m very careful about teasing with someone I don’t know very well.

0537:
1. In high school I was often teased that I wasn’t smart enough and that I didn’t often “get” jokes. This just made me beat myself down further.

2. Dumb, worthless. Yes, it made me cry and feel very hurt. Now I’m beyond it and know I’m not dumb. But, it still hurts when I think about it. It motivates me to learn and know more.

3. Cope - I didn’t. I let it trample my self-esteem. Say - I internalized it. All. Result - I had no positive self-esteem. Cope now - I believe the truth and what other people think/say isn’t as important. Yes, it works!
0555:
1. At age 16, teased because I refused to "coon" watermelons. I actually got into a
tussling match because, to me, it is/was the same as stealing.
2. Angry! I feel the same way today
3. Got into a tussling match. I said I felt it was stealing. The result is I did not
participate. My only strategy is don't do what you (l) feel is cheating or stealing or
dishonest - you have to live with yourself!!

0598:
1. When I was 12 years old I was teased about my last name (Nabbefeldt), never been
felt. Boys in school.
2. At the time felt very bad. Now I feel it was silly to be upset.
3. I just walked away.

0634:
1. Unathletic, age 6-18, elementary school - high school.
2. It made me feel inadequate, intimidated.
3. Avoidance - never tried to do any thing athletic.

0635:
1. The only teasing I've really experienced was from friends - it was good-natured
teasing about "not getting" a joke in a locker room conversation.
2. I felt "stupid" at first, but then laughed at myself. I now look back and laugh.
3. I have been very fortunate to not have experienced much teasing growing up,
therefore I haven't developed any coping strategies.

0642:
1. My most vivid teasing memory occurred when I was about 12 or 13 yrs. It took place
in school and I was teased by a male classmate. It seems it was about appearance,
but can't remember what aspect. However, it went on for sometime.
2. This incident made me feel angry and helpless. Looking back, I wonder why he did
it.
3. I tried to ignore the teasing. In time, he quit.

0778:
1. I was probably 6-8 yrs. old and suffered a constant runny nose, which I could not feel.
I was living in San Francisco at the time and attending Catholic school.
2. At first I didn't understand why I was being pointed at. And after telling the folks at
home, was furnished a handkerchief and seldom remember further incidence. I was
upset at the time but love helped me.
3. At the time I was extremely upset, but when I went home and old my foster parents,
they let me know no matter what, they loved me and I was to pay no attention to
further abuse.

0780:
1. At age 7 it was "picture day" at school. I asked to walk to school and on the way I fell
in some mud. Some of my classmates laughed at me. My principal took me home to
change.
2. I had already cried, so I was mad and hurt.
3. I have ignored comments and can remember a few quick, cutting "comeback"
remarks that shut the teaser down.

0815:
1. I do not remember any of the details. [Possibly teased about not getting a joke or
being dumb].
2. My feelings were hurt.
3. As a result from then on, I now laugh at all jokes told whether I understand or find them funny.

0857:
1. I was about 6 or 7 - my brother closest my age (all were older), was teasing me about my being a Girl Scout - I was in my Brownie uniform and was excited about getting Brownie Buttons or Badges. But nothing I could say was good enough! All I ever wanted was to be as good as my bros. and live up to my sister (who died at 7 mons) imagine - But my brothers always insisted I'd never be as good as she would have been.
2. I screamed, I cried, I tried to argue, I stomped my feet, I can even remember that anger! Till I exploded! Looking back: I'm still pissed - we may laugh, but bringing it up only makes him start it again!
3. I'll tell ya what I did! I took off my little Brownie (acrylic heel) shoe and hit my brother in the mouth. Split his lip wide open - blood every where! Immediately I was crying and begging forgiveness - after all I didn't want to hurt anyone! Can't remember what happened after that. I do have some problems w/teasing - I guess I just cope?

0862:
1. I was never teased about my appearance as I am light-skinned and considered pretty by most of my peers. I was teased a lot in middle school because my mother was a teacher and she was considered "mean" by some of my classmates.
2. I used to get mad because she was my mother. But, after awhile, I understood that they were kind of jealous because they thought my mother was giving me answers to the tests.
3. I think most people don't tease me because I will tell them where to go and how to get there.

0943:
1. NR
2. NR
3. Have never been teased about anything. Have only been overweight last 7-10 yrs. but carry weight well so people don't believe I am as heavy as I am. I am evenly proportioned and muscular which seems to hide extra pounds.

0958:
1. 3rd grade we had to read out loud and I had trouble saying Massachusetts, and when I tried to say it everyone laughed at me and it went on all day.
2. At the time I was very embarrassed and refused to read out loud, but now I learned my English very well. Now I laugh about it.
3. I didn't say anything at the time. I stopped reading at that time out loud, so now I help out my kids to read out loud and to say it correct.

1230:
1. The way I speak, I talk southern. I didn't realize the way I spoke was any different from anyone else around me. Age 35.
2. I don't feel bad about.
3. At the time I was on vacation at Key West, Fla., and the people really liked the way I talk. As I said before, I didn't realize I spoke different from everyone else.

1365:
1. At the age of about 14 I was teased because I wouldn't fight physically when someone was goading me and picking on me. My younger sister hit her instead. My personality is a problem not my appearance.
2. I was angry, trapped and humiliated. I still feel the same looking back.
3. I walk away from conflicts with personalities. On the odd occasion that I do fight back I usually lose and feel like an idiot.

1380:
1. Not really teased about anything. Sister liked to berate me at times.
2. Hurt. She was jealous, she said - I don’t know why.
3. Turned the other cheek. Don’t have to associate with people who are hurtful.

1468:
1. I was extremely sensitive as a child (grade school thru junior high) and would easily cry. I was often called a “crybaby” and other names.
2. I was usually humiliated and wished I could be like the other kids - brave and confident. I am still very sensitive but more in control and confident as an adult. I still wish I could have been “tougher” as a child.
3. Didn’t really cope well - just withdrew and avoided others. Tried to avoid situations where I might cry. Used humor sometimes. As an adult, have not been teased much, but I don’t think I would take it well unless it was good-natured. “Mean” teasing would probably make me withdraw and avoid that person.

1566:
1. Teased about being an only child at age of 14 yrs old. Had clothes taken from gym class.
2. I was very upset for days and cried.
3. Told my parents, they talked to the teacher at school - that made me feel better and made me feel better at home.

1579:
1. High school - girls teased me over not being able to go places - like they could. Later years - friends said and done things that made me feel bad for yrs - and I couldn’t figure out why.
2. I was very disappointed in my friends. Now I see they were not friends at all. They were a waste of my time.
3. Angry then upset then moved on - tried to forget it. Try to be careful who you choose for your friends and how they treat you.

1632:
1. My 7th grade history teacher called on me to answer the question: When did Columbus discover America? I am very shy and did not like speaking in front of the class. I said 1942 and he said, “Yes, and I was there to throw tomatoes in his face.” I was 12 years old at the time.
2. I cried. I feel hurt that he would humiliate me that way in front of everyone.
3. I turned red and cried. I still don’t like public speaking and avoid it whenever I can.

1637:
1. 3rd grade. Place in front of class because of my hearing was called teacher’s pet. Hurt very much.
2. NR
3. NR

1754:
1. We had moved to a new town during December of 6th grade. Everyone had their friends and my friends from church didn’t go to that school. I wasn’t very outgoing and they thought I was shy and teased me about that instead of trying to make me comfortable in my new school.
2. I cried, but I now make sure that anybody “new” I meet, that what happened to me doesn’t happen to them. Whether it’s in the workplace, a church organization, or whatever.
3. I've learned to get over my shyness. I think we moved too many times as a child/youth - I was always the new kid and always had to move away from my friends. I think when I was able to live 6 years in the same town, I had stability and I'm no longer shy but very outgoing.

1778:
1. I was always teased because I couldn’t do any sports or participate in gym in high school. I had asthma. Always teased because I could not run. Girls in high school my freshman year. In the hallways of school when I was 14.
2. I felt like I wasn’t ever going to be able to do normal things with the rest of the class. I cried because I was never able to do anything real physical. Now I would laugh because I built up my stamina by doing aerobics.
3. I went home to my mother who comforted me and said, “Would I ever be normal?” My mother told me asthma was something I would have to learn to live with and accept that I could not run but I could do other things. I overcame my asthma by doing exercise and doing more walking and building myself up physically.

1783:
1. Age 10 - teased about a boy.
2. Made me cry.
3. Only incident I remember and I laugh about it now.

1880:
1. At camp, my two best friends pretended I was not there. They kept saying, when I said something, “Do you hear anything?” I was 12 years old.
2. It made me feel very small and not liked. Looking back, I should have walked away from them.
3. I sat on my bed and waited for it to pass. They finally started acknowledging me. I think I would walk away from the situation or try to talk about it. Sometimes people just need to be mean. It is not my problem. Even though my feelings may be hurt, I cannot be around a person who makes me feel bad. I either stay away from that person until I know I am strong enough to deal with them or I try to laugh about the experience and know that I am not crazy…maybe they are crazy.

1881:
1. We were playing ball and there was girls and boys and I had one female cousin and two boy cousins and lots of other friends playing. Someone yelled “Narton” which was my last name and Claudia the female cousin answered and they said, “not you the smart one!” He was wanting a boy and she said, “who norene?” (that's me!).
2. I had my feelings hurt. This female cousin - was a year older and as I was getting more popular she felt threatened. As I look back on it - she was so high on being popular that she never had close friends like I did - now I feel sorry for her.
3. I didn't have a come back and I let the whole incident slide. It wasn’t a big issue because she wasn’t a part of my group of friends and we were never close as cousins. But it hurt my feelings at that moment.

1955:
1. Giving oral reports in high school - Hated getting up in front of anyone. Even high school students are cruel. I was very self-conscious.
2. Upset that I had to speak in front of the class. Really afraid - Still is something I remember, how embarrassed I was.
3. Trying to image people in the room in their underwear. I think this helped but didn’t know about this when I was 16.
1959:

1. I was standing in a group of kids on my first day at a new school, trying to find out what classroom I was to go to. My parents had neglected to register me and I was called stupid for not being registered. I was about 10. A teacher said something about “being stupid” and a couple of kids picked it up.

2. I never have felt like I fit in anywhere the rest of my time in that school (9 years). Yes I did cry, and it did make me angry - at the kids who called me names when I couldn't help it, and at my parents for not taking care of me. My mother was a teacher at that school, and should have made sure my first day there went more smoothly.

3. I don’t think I coped particularly well. I withdrew from people, more into my shyness. My strategy to cope with similar incidences? Make sure they never happen again - avoiding certain situations and controlling unknown factors.

1986:

1. 10 or 12. I was teased because I was put in a reading class separate from the rest of the class. Kids can be mean.

2. I held it in. It hurt a lot; you end up taking it out later in life. It hits self esteem (teenage yrs).

Drinking and drug as a teen, never feeling in with the crowd. Then I grew up. I have a great life - thanks to my hubby.
APPENDIX D

OPEN-ENDED RESPONSES FROM OPEN-ENDED QUESTIONS

NON-SPECIFIED TEASING OR GENERAL COMMENTS
NON-SPECIFIED TEASING OR GENERAL COMMENTS

0022:
1. My teasing never bothered me because my mother, grandmother and Great Aunt were great cooks and I loved to eat. At 69 years of age I love to cook and I love good food. People always thought I was attractive and always kept myself in good shape and appearance. My husband of 51 years still tells me I’m pretty.
2. NR
3. NR

0030:
1. Most of the teasing I remember was now known as sibling rivalry. I had 2 younger brothers. The teasing never left the family. Our parents were very fair and firm and provided appropriate discipline and punishment when needed.
2. I may have been upset somewhat at the time but it passed and was forgotten. We grew up and still disagree on certain things but we still enjoy our rare opportunities to be together.
3. I consider “teasers” to be the insecure member of the situation and whenever possible try to get them to understand the consequences of their actions on others and how they would feel were the situation reversed, with grandchildren.

0056:
1. Mostly I was not teased but my lack of confidence made me feel like they were talking about me, even if they weren’t.
2. NR
3. NR

0147:
1. I never have been teased negatively, only because people thought I knew more than they.
2. I thought it was very complimentary.
3. I always said, “I’m not that smart. I don’t know everything.”

0371:
1. Looking back a lot of years, I never felt picked on. Mostly self-criticism - felt inadequate socially because of association with financially better off. Mother never encouraged feelings of being upset or inferior. Instead, felt I was “special” and a leader. I don’t think parents should encourage children to feel “picked on” or sorry for themselves, but should encourage children to have a sense of humor and to “get over it.”
2. NR
3. NR

0444:
1. I don’t remember ever getting teased to the point that it really upset me.
2. NR
3. NR
1. In a 1st grade classroom, I was called to the front of the room by a teacher who proceeded to describe my hair, skin, and other racial differences. (I was the only African American in class.)
2. I was angry, ashamed, and frustrated. Now I am proud of my race.
3. I cried at the time. I have now learned to be the best that I can be and I have learned to understand racial discrimination.

0498:
1. After doing the survey, I do feel terribly depressed to go into detail.
2. NR
3. NR

0701:
1. I can’t think of any specific teasing event. It’s all pretty much been forgotten.
2. NR
3. I grew up and decided that I really don’t care what other people think about me. I’m a nice person and if people can’t see it, that’s tough.

0769:
1. I have no teasing memories that weren’t the usual sibling “scuffling.” It left no impression and seemed just part of growing up.
2. NR
3. NR

0828:
1. I was lucky, I did not get teased as a child, but I have seen teasing and it is a horrible thing. I’m trying to instill in my daughters that that type of behavior is very wrong and hurtful.
2. NR
3. NR

0852:
1. I don’t really have any vivid memories of being teased. I was teased by my older brother, but I don’t really remember any specific incidents.
2. NR
3. NR

1010:
1. NR
2. NR
3. I did not have weight issues. Clothing issues were more common, i.e., fashion, length of pants or skirts, tightness of pants or tops. I was very conscious of fashion because I wasn’t always in fashion!

1117:
1. Never teased.
2. Never teased - but if I were, probably mad and would say something or do something to the person doing the teasing.
3. Never teased - but when people are mean-spirited I attack them verbally.

1312:
1. I made a stupid statement to someone at my daughter’s wedding (into a microphone for a video made of the wedding).
2. I found it funny. I feel the same way now.
3. I put the blame on my stupid remark because the mother of the bride is always excitable.

1415:
1. I really don’t remember those moments. They are sometimes from the past and when I graduated - they were all put behind me. The hurt lasted only for a while but in school someone was always teasing someone. I finally realize and accepted that fact.
2. NR
3. NR

1466:
1. Nothing that was remotely serious enough to remember. Have always been able to laugh along with others when about myself. Didn’t take teasing that serious. Was once told if people didn’t like you they wouldn’t tease you. Wasn’t severe teasing and wasn’t taken seriously.
2. NR
3. NR

1590:
1. NR
2. NR
3. I am not a good person to gain an insight on teasing. Having lived on a farm as a child and young adult sheltered me from the harsh world I see my grandchildren enduring. We, of course, had no TV and very little radio. I have always had self-respect, but have been self-conscious about my weight as a young adult and about not having more education as an adult. (I’ve only had one year of college).

1645:
1. The teasing I remember most vividly was from an older brother - 15 yrs. older - who moved in with my parents & me when I was 12 or 13 yrs. old. He was ruthless in the demeaning ways in which he tried to control my life. A particular incident does not stand out.
2. I felt very angry, especially devalued. I cried but became witty with quick responses. I now feel that these events were verbal abuse to make my brother feel better about himself.
3. I coped with voicing my own opinions. I still love a good discussion of a variety of opinions. My brother and I have missed a lot of good years of relationship possibility because many of his feelings of low self-esteem have persisted and the tendency to make me appear less has continued. I have more empathy from him now that my husband is dying, but it’s too late!

1654:
1. Though I was teased between 12 and 14 - about my lack of relative puberty - I got over it once I caught up. Most teasing now is done by adolescent sons and scathing ex-husband, to criticize most of what I do, at home and at work (physician) - and how I don’t dress well. That I have dishonorable social habits.
2. For 5 years it has made me feel occasionally wretched, angry, and generally inadequate.
3. At first, I tried defending myself, which didn’t help. Over the past few years I’ve been encouraged by friends and co-workers not to take the comments so seriously - But it still “digs” - if not the comments, but the caustic nature of the boys involved - why they’d think it was OK to say such things.
1876:
1. Really nothing.
2. Some of the teasing I have to laugh at it now.
3. When I was little the saying sticks and stones may break my bones, but names will never hurt me has stuck with me over the years.

1878:
1. Kids who have two parents sometimes are very callous; they look down on you, and tease you about it. We should teach more tolerance for the underprivileged.
2. I never felt as good or as smart or as lucky as they were to have the simple things in life. When I was small there weren't any helps like welfare, etc. for widows.
3. Since I was a child and growing up I have tried to teach my children tolerance and tried to help the underprivileged. For unlucky circumstances there go I; we need to consider walking in other people's shoes.

1886:
1. Don't remember any teasing as a child since I was only slightly overweight. 18-40s - not overweight.
2. NR
3. NR
APPENDIX E

OPEN-ENDED RESPONSES FROM OPEN-ENDED QUESTIONS

NOT TEASED/ CANNOT

REMEMBER/ NO RESPONSE (NR)
0001:
 1. NR
 2. NR
 3. NR

0018:
 1. NR
 2. NR
 3. NR

0048:
 1. NR
 2. NR
 3. NR

0071:
 1. NR
 2. Nr
 3. NR

0094:
 1. I don't feel I was a help to the survey. I'm sorry. As a child and adolescent my wt. was normal. After 5 pregnancies I gained a lot of weight. Never teased, in fact on many occasions I was told I still was very sexy and pretty.
 2. NR
 3. NR

0095:
 1. NR
 2. NR
 3. NR

0098:
 1. NR
 2. NR
 3. NR

0103:
 1. Was not teased.
 2. NR
 3. NR
0119:
1. NR
2. NR
3. NR

0149:
1. NR
2. NR
3. NR

0187:
1. NR
2. NR
3. NR

0198:
1. Cannot remember any specific incident.
2. NR
3. NR

0200:
1. No answer.
2. No answer.
3. No answer.

0202:
1. NR
2. NR
3. NR

0205:
1. NR
2. NR
3. NR

0207:
1. NR
2. NR
3. NR

0208:
1. NR
2. NR
3. No teasing, sorry!

0209:
1. NR
2. NR
3. NR

0221:
1. NR
2. NR
3. NR
0240:
1. I don’t want to say. Sorry.
2. I don’t want to say. Sorry.
3. I don’t want to say. Sorry.

0278:
1. NR
2. NR
3. NR

0281:
1. Do not recall specific incidents.
2. NR
3. NR

0291:
1. NR
2. NR
3. NR
0306:
1. NR
2. NR
3. NR

0319:
1. NR
2. NR
3. NR

0344:
1. NR
2. NR
3. NR

0369:
1. NR
2. NR
3. NR

0389:
1. I don't remember.
2. I don't remember
3. I don't remember

0404:
1. NR
2. NR
3. NR

0450:
1. NR
2. NR
3. NR

0455:
1. NR
2. NR
3. NR

0479:
1. Don't have a vivid recollection of an incident.
2. See above.
3. See above.

0483:
1. NR
2. NR
3. NR

0507:
1. NR
2. NR
3. NR
0511:
1. NR
2. NR
3. NR

0512:
1. I'm sure I must have had minor teasing about something but I don't have any vivid memory of it.
2. NR
3. NR

0547:
1. NR
2. NR
3. NR

0557:
1. NR
2. NR
3. NR

0561:
1. NR
2. NR
3. NR

0572:
1. NR
2. NR
3. NR

0603:
1. NR
2. NR
3. NR

0630:
1. NR
2. NR
3. NR

0647:
1. NR
2. NR
3. NR

0648:
1. NR
2. NR
3. NR

0650:
1. NR
2. NR
3. NR

0661:
1. NR
2. NR
3. NR

0665:
1. NR
2. NR
3. NR

0688:
1. NR
2. NR
3. NR

0695:
1. NR
2. NR
3. NR

0708:
1. NR
2. NR
3. NR

0732:
1. NR
2. NR
3. NR

0735:
1. NR
2. NR
3. NR

0737:
1. NR
2. NR
3. NR

0744:
1. I was never teased as a child or adolescent.
2. Never was teased.
3. I never was teased in my lifetime.

0764:
1. Don’t have a vivid teasing memory.
2. NR
3. NR

0793:
1. NR
2. NR
3. NR
1. Can’t recall any. I was brought up that you don’t tease people and they won’t tease you.
2. NR
3. NR

0846:
1. NR
2. NR
3. NR

0853:
1. NR
2. NR
3. NR

0858:
1. NR
2. NR
3. NR

0878:
1. NR
2. NR
3. NR

0895:
1. NR
2. NR
3. NR

0897:
1. NR
2. NR
3. NR

0904:
1. NR
2. NR
3. NR

0931:
1. NR
2. NR
3. NR

0959:
1. NR
2. NR
3. NR

Attached note: I’m 74 years old. Have had 6 children - and many surgeries. My body looks terrible. But I’ve had a good life - and I’m just thankful to be alive!
1004:
1. NR
2. NR
3. NR

1019:
1. I have no memory of being teased, nothing that I remember.
2. NR
3. NR

1045:
1. NR
2. NR
3. NR

1065:
1. NR
2. NR
3. NR

1067:
1. NR
2. NR
3. NR

1092:
1. NR
2. NR
3. NR

1122:
1. NR
2. NR
3. NR

1137:
1. NR
2. NR
3. NR

1148:
1. I can't recall any certain time.
2. NR
3. NR

1157:
1. I really can't recall any thing of importance - well adjusted childhood and adulthood!
2. NR
3. NR

1162:
1. NR
2. NR
3. NR
I have a selective memory; most of my childhood/teen years are blacked out as far as my memory is concerned.

Have no vivid memory of teasing - my brothers would good-naturedly tease me about my frugality, but it never bothered me.
1326:
1. NR
2. NR
3. NR

1335:
1. Nobody teased me at all in school.
2. Same as above.
3. Same as above for all three of these.

1348:
1. NR
2. NR
3. NR

1367:
1. NR
2. NR
3. NR

1371:
1. NR
2. NR
3. NR

1416:
1. NR
2. NR
3. NR

1425:
1. NR
2. NR
3. NR

1436:
1. NR
2. NR
3. P.S. I have never really cared what people think or say, so I never pay attention. I am headstrong, confident and an independent person.

1444:
1. NR
2. NR
3. NR

1448:
1. NR
2. NR
3. Often time comments were ignored or my comment was, “being overweight does not mean I’m not smart.” I am not overweight to date.
1452:  
1. Wasn’t teased.  
2. NR  
3. NR

1454:  
1. Don’t remember anything specific.  
2. NR  
3. NR

1471:  
1. NR  
2. NR  
3. NR

1484:  
1. NR  
2. NR  
3. NR

1509:  
1. Can’t recall ever being teased.  
2. NR  
3. NR

1519:  
1. NR  
2. NR  
3. NR

1553:  
1. NR  
2. NR  
3. NR

1556:  
1. NR  
2. NR  
3. NR

1569:  
1. Nothing memorable.  
2. NR  
3. NR

1589:  
1. Nothing vivid at all.  
2. NR  
3. NR

1629:  
1. NR  
2. NR  
3. NR
No memory of being teased.

My life must be dull to some people way of thinking but I sorta like it the way it is. Very happy with our 53 yr. of marriage - Wed at age 14. Have 3 wonderful grown children - 8 grandchildren, and 17 great ones. I love to cook and bake and go fishing. I’m a really thankful person and I do count my blessings. I was raised in a large family and (close yet).
1817:
1. NR
2. NR
3. NR

1819:
1. NR
2. NR
3. NR

1821:
1. NR
2. NR
3. NR

1835:
1. NR
2. NR
3. NR

1838:
1. NR
2. NR
3. NR

1847:
1. NR
2. NR
3. NR

1848:
1. NR
2. NR
3. NR

1849:
1. Don’t recall.
2. NR
3. NR

1873:
1. NR
2. NR
3. NR

1891:
1. NR
2. NR
3. NR

1896:
1. NR
2. NR
3. NR
<table>
<thead>
<tr>
<th>Year</th>
<th>Item 1</th>
<th>Item 2</th>
<th>Item 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1897</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
</tr>
<tr>
<td>1925</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
</tr>
<tr>
<td>1937</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
</tr>
<tr>
<td>1942</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
</tr>
<tr>
<td>1978</td>
<td>Can’t remember.</td>
<td>NR</td>
<td>NR</td>
</tr>
<tr>
<td>1992</td>
<td>Never was teased. No weight problem.</td>
<td>NR</td>
<td>NR</td>
</tr>
<tr>
<td>2002</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
</tr>
</tbody>
</table>
APPENDIX  F

QUESTIONNAIRE
March 2001

Dear Participant:

Title and Purpose of Survey: Appearance-Related Teasing in Childhood & Adulthood

Principal Investigators: Nancy A. Rudd, Ph. D.
                        Betsy C. Breseman, M.A.

You are being asked to participate in a survey. The purpose of the survey is to examine teasing related to one’s appearance. Your task is to read and respond to the questionnaire.

This study is concerned with group data and not with your individual responses. Thus, your responses will remain confidential. Your name will not be associated with the data we collect. The number on the questionnaire is for record-keeping purposes only, and will be removed after you return the questionnaire. Please answer all items accurately and honestly because your answers are very important to this project.

After you have carefully read the instructions, please respond to the items in each section of the survey using the scoring system indicated. Remember to mark each answer legibly.

A lottery incentive of $100 will be awarded to one participant among those who return a completed questionnaire through a random drawing. You must be 18 years or older to participate. If you are under 18 years old, please disregard.

It is very important that we receive as many questionnaires back as soon as possible. Please use the enclosed, stamped, self-addressed envelope to return the questionnaire within two weeks from the date you receive it.

Thank you very much for your time and willingness to participate in this research.

Sincerely,

Nancy A. Rudd, Ph.D
Betsy C. Breseman, M.A.

________________________________________________________________________
PLEASE PROVIDE THE FOLLOWING GENERAL INFORMATION:

Age: ____________  Gender: _____ Female _____ Male

Ethnic Background: (please check one)

African-American _____  Caucasian American _______
Hispanic American _____  Native American __________
Asian American _____  Other ___________________

IN EACH BLANK, FILL IN THE NUMBER THAT CORRESPONDS TO YOUR ANSWER. USE THE FOLLOWING SYSTEM:

1 = DISAGREE STRONGLY; 2 = DISAGREE; 3 = NEUTRAL; 4 = AGREE; OR 5 = AGREE STRONGLY.

_____ 1. My body is sexually appealing.
_____ 2. I like my looks just the way they are.
_____ 3. Most people would consider me good-looking.
_____ 4. I like the way I look without my clothes.
_____ 5. I like the way my clothes fit me.
_____ 6. I dislike my physique.
_____ 7. I am physically unattractive.
_____ 9. I am careful to buy clothes that will make me look my best.
_____ 10. I check my appearance in a mirror whenever I can.
_____ 11. Before going out, I usually spend a lot of time getting ready.
_____ 12. It is important that I always look good.
_____ 13. I am self-conscious if my grooming isn’t right.
_____ 14. I take special care with my hair grooming.
_____ 15. I am always trying to improve my physical appearance.
_____ 16. I usually wear whatever is handy without caring how it looks.
_____ 17. I don’t care what people think about my appearance.
_____ 18. I never think about my appearance.
_____ 19. I use very few grooming products.
20. On the whole, I am satisfied with myself.

21. At times, I think I am no good at all.

22. I feel that I have a number of good qualities.

23. I am able to do things as well as most other people.

24. I feel I do not have much to be proud of.

25. I certainly feel useless at times.

26. I feel that I'm a person of worth, at least on an equal plane with others.

27. I wish I could have more respect for myself.

28. All in all, I am inclined to feel that I am a failure.

29. I take a positive attitude toward myself.

30. My feelings are easily hurt.

31. I am a sensitive person.

32. I am “thick-skinned.”

33. I take criticism well.

34. Being teased hurts my feelings.

35. I rarely feel hurt by what other people say or do to me.

IN EACH BLANK, FILL IN THE NUMBER THAT CORRESPONDS TO YOUR ANSWER. USE THE FOLLOWING SCALE TO RATE THE DEGREE TO WHICH EACH STATEMENT IS TRUE OR CHARACTERISTIC OF YOU.

1 = NOT AT ALL; 2 = SLIGHTLY; 3 = MODERATELY; 4 = VERY; 5 = EXTREMELY CHARACTERISTIC OF ME.
FOR ITEMS #36 AND #37, PUT A CHECKMARK NEXT TO YOUR ANSWER.

36. I think I am:
   _____ Very Underweight       _____ Somewhat Underweight
   _____ Normal Weight          _____ Somewhat Overweight
   _____ Very Overweight

37. From looking at me, most other people would think I am:
   _____ Very Underweight       _____ Somewhat Underweight
   _____ Normal Weight          _____ Somewhat Overweight
   _____ Very Overweight

WEIGHT HISTORY: PLEASE FILL IN YOUR CORRECT WEIGHT AND HEIGHT MEASUREMENTS.

Please put your usual current weight if you are now several months pregnant.

38. Current weight __________ lbs.             Or  (____________________ kgs.)
39. Current height _____ ft._____ inches     Or  (____________________  cm.)
40. Desired weight __________ lbs.             Or  (____________________ kgs.)

ADULT YEARS: 18 YEARS OLD OR OLDER

41. Highest weight (since age 18) __________ lbs.  At age __________.
42. Lowest weight (since age 18) __________ lbs.  At age __________.
ADOLESCENT YEARS: 12 – 18 YEARS OLD

43. How did you perceive your weight as an adolescent between the ages of 12 and 18 years? Put a mark in the blank next to the answer that best describes you.

_____ Extremely Thin     _____ Somewhat Thin        _____ Normal Weight
_____ Somewhat Overweight _____ Extremely Overweight

44. As an adolescent, were you teased about your weight?

_____ Yes, about being overweight. _____ Yes, about being underweight. _____ No.

45. To what extent were you teased about your weight? Put a mark in the blank next to the answer that best describes you.

_____ Extremely ____ Very Much _____ Moderately _____ Slightly ____ Not At All

CHILDHOOD YEARS: 6 – 12 YEARS OLD

46. How did you perceive your weight as a child between the ages of 6 and 12 years? Put a mark in the blank next to the answer that best describes you.

_____ Extremely Thin     _____ Somewhat Thin        _____ Normal Weight
_____ Somewhat Overweight _____ Extremely Overweight

47. As a child, were you teased about your weight?

_____ Yes, about being overweight. _____ Yes, about being underweight. _____ No.

48. To what extent were you teased about your weight? Put a mark in the blank next to the answer that best describes you.

_____ Extremely ____ Very Much _____ Moderately _____ Slightly ____ Not At All
49. As a child or adolescent, were you teased about other aspects of your appearance, such as:
   _____ nose         _____ face           _____ skin                 _____ height (short/tall)
   _____ clothing    _____ hair            _____ too thin            _____ breasts (big/little)
   _____ acne         _____ facial hair  _____ dental braces   _____ wearing glasses
   _____ arms        _____ legs            _____ teeth                _____ buttocks
   _____ ears         _____ feet            _____ mouth               _____ lips
   _____ others (please describe/list):

The following questions should be answered with respect to the period of life specified for each question – Childhood or Adulthood.

Circle the appropriate number for each item for each period of life, using the scale provided in each box: 1 = Never/Not Upset to 5 = Very Often/Very Upset.

1st: rate how often you think you have been the object of such behavior using the scale provided, “never” to “very often.”
2nd: unless you responded “never” to a particular question, rate how upset you were by the teasing, “not upset” to “very upset.”

<table>
<thead>
<tr>
<th>CHILDHOOD/adolescence (APPROX. 6 – 18 YEARS OLD)</th>
<th>ADULTHOOD (18 YEARS OR OLDER)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. People made fun of you because you were heavy</td>
<td>Never</td>
</tr>
<tr>
<td>1a. How upset were you?</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>2. People made jokes about you being too heavy.</td>
<td>Never</td>
</tr>
<tr>
<td>2a. How upset were you?</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>3. People laughed at you for trying out for sports because you were heavy.</td>
<td>Never</td>
</tr>
<tr>
<td>3a. How upset were you?</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td></td>
<td>4. People called you names like “fatso.”</td>
</tr>
<tr>
<td>---</td>
<td>----------------------------------------</td>
</tr>
<tr>
<td></td>
<td>How upset were you?</td>
</tr>
<tr>
<td></td>
<td>Never</td>
</tr>
<tr>
<td></td>
<td>Sometimes</td>
</tr>
<tr>
<td></td>
<td>Very</td>
</tr>
<tr>
<td></td>
<td>Often</td>
</tr>
<tr>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>2</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>5</td>
</tr>
</tbody>
</table>

Not                         Somewhat                        Very

Upset                        Upset                          Upset

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5

1         2         3         4           5
Please take a few minutes to tell us about a particular teasing incident or type of teasing about any aspect of your appearance or weight that happened to you. Put in as much detail as you are comfortable with. Please feel free to use additional paper for your answers.

Please write legibly so that we can read your answers accurately!

1. Describe your most vivid teasing memory. (Include what you were teased about, your age, who teased you, & when and where it occurred).

2. In the teasing incident described above: How did it make you feel at the time it happened? (For instance, were you angry, did it make you cry, did you find it funny?) Looking back, how do you feel about it now?

3. How did you cope with the teasing incident? What did you do or say at the time? What was the result? Over the course of your lifetime, have you developed any strategies to help you cope with any similar teasing incidences? If so, how do/did they help?
APPENDIX G

HUMAN SUBJECTS INSTITUTIONAL REVIEW BOARD

EXEMPTION APPROVAL AND PROTOCOL NUMBER
## Title Page - Application for Exemption

**From Review by the Institutional Review Board**
The Ohio State University, Columbus OH 43210

### Principal Investigator
- **Name:** Nancy A. Rudd
- **Phone:** 292-4385
- **Department or College:** Department of Consumer and Textile Sciences
- **Address:** 2658 Campbell Hall, 1787 Neil Avenue
- **Email:** rudd.1@osu.edu
- **Signature:** Nancy A. Rudd
- **Date:** 2/14/01

### Co-Investigator
- **Name:** Betsy C. Breseman
- **Phone:** 784-1136
- **Address:** 2685 Neil Avenue #432A, Columbus, OH 43202-2051
- **Email:** breseman.1@osu.edu
- **Signature:** Betsy C. Breseman
- **Date:** 2/16/01

### Co-Investigator
- **Name:**
- **Phone:**

### Protocol Title
- **Weight-Related Teasing: Impact on Body Image and Self-Esteem of Obese Adult Females**

### Source of Funding
- Betsy Breseman will fund the research with her personal funds.

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**For Office Use Only**

- **Approved.** Research has been determined to be exempt under these categories: 
- **Disapproved.** Research may begin as of the date of determination listed below. Submit an application to the appropriate Institutional Review Board for review.

- **Date of Determination:** 2/16/01
- **Signature:** Office of Research Risks Protection