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Weight stigma exposure inventory (WeSEI): Adaptation to Turkish culture, validity and reliability study

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Highlights:

- The Turkish version of the WeSEI is a valid and reliable instrument for research on weight stigma among individuals in Türkiye.
- The Turkish WeSEI was positively correlated with existing weight stigma measurement tools.
- Gender significantly affected the mean scores of the Turkish version of the WeSEI.

Abstract

Weight stigma is prevalent in society, with various sources, including family, friends, and media, contributing to individuals' experiences and internalization of weight stigma. The present study involved the adaptation of the Weight Stigma Exposure Inventory (WeSEI; Ruckwongpatr et al., 2025) into Turkish. This psychometric tool is designed to measure the impact of weight stigma from diverse sources on individuals. A Confirmatory Factor Analysis (CFA) was performed to determine whether the original factor structure of the inventory was preserved in the Turkish version. Additionally, assessments of internal consistency, concurrent validity with external criterion measures (including the Weight Self-Stigma Questionnaire, Bergen Social Media Addiction Scale, Perceived Weight Stigma Scale, and Smartphone Application-Based Addiction), and analyses of sex differences were conducted. Internal consistency of the inventory was evaluated using Cronbach's alpha and McDonald's ω. The findings indicate that the seven-factor model and the discriminant validity of the inventory exhibited satisfactory fit indices. Furthermore, the total inventory and all its sub-dimensions demonstrated positive correlations with the external criterion scales, and both the total inventory and its sub-dimensions displayed good internal consistency. Notably, sex significantly influenced the average scores. Based on these results, the Turkish version of the WeSEI is deemed a valid and reliable instrument for future weight stigma research in Türkiye.

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1. Introduction

Weight-related stigma is characterized by the prejudice, bullying, negative attitudes, and behaviors that individuals experience due to their weight. This stigma can harm individuals' physical and psychological well-being (Alimoradi et al., 2020; Hunger & Tomiyama, 2014). For instance, a systematic review and meta-analysis revealed that both weight-related self-stigma and perceived weight stigma are correlated with increased levels of anxiety and depression (Alimoradi et al., 2020). Research indicates that comprehending the impact of weight stigmatization on individuals and identifying the contextual factors involved may mitigate the adverse effects of such negative judgments (Ruckwongpatr et al., 2025). Extensive studies have identified several significant sources of weight stigmatization, including family, friends and peers, social media, traditional media, and healthcare professionals (Ahorsu et al., 2020; Alimoradi et al., 2020; Bevan et al., 2021; Cheng et al., 2018; Côté et al., 2025; Lin et al., 2018; Pakpour et al., 2019; Pearl et al., 2015; Ruckwongpatr et al., 2025). This evidence suggests that individuals are likely to encounter weight stigmatization from various sources.

Perceived weight stigma can have detrimental effects on an individual's emotional well-being. This concept refers to the inclination of individuals to believe that they may encounter bullying, negative attitudes, and discriminatory actions from society due to their weight (Bidstrup et al., 2022; Romano et al., 2018). Research indicates that individuals who perceive weight stigma may modify their eating behaviors, such as engaging in emotional eating, as a coping mechanism for negative emotions (Cheng et al., 2018; Lin et al., 2018). Additionally, other health-related behaviors can be influenced by perceived weight stigma. For instance, individuals exposed to various forms of weight stigma often avoid physical activities (Bevan et al., 2021; Pearl et al., 2015; Yi et al., 2024). The environment can significantly shape one's attitudes and perceptions regarding body image, potentially leading to anxiety, worry, and fear associated with exposing one's body in physical activity and sports contexts (Soraci et al., 2024; Yi et al., 2024).

Ruchwongpatr et al. (2025) categorized the sources of weight stigma into two primary types: interpersonal and non-interpersonal sources. Depending on the source of the stigma, it can adversely impact an individual's psychological and physical health. Historically and contextually, the sources of weight stigma have grown and are becoming increasingly prevalent. For instance, during the 20th century, societal beauty standards were predominantly associated with thinness. The idealization of a slender physique for women became widely accepted and has since proliferated, particularly with the advent of social media, which amplifies exposure to these idealized body standards (Holland & Tiggemann, 2016). Traditional media outlets, such as newspapers, magazines, and television, are significant sources of weight stigmatization (Pearl et al., 2015). Individuals often internalize these perceptions through repeated exposure to idealized body images in the media. Internalization can lead to increased body dissatisfaction and weight stigma as individuals engage in comparisons between their appearance and the media portrayals (Nutter et al., 2021), resulting in feelings of physical and mental inadequacy. The pervasive nature of social media has further intensified the exposure to body ideals and weight stigma, contributing to poorer psychological and health outcomes (Holland & Tiggemann, 2016). Additionally, Aparicio-Martinez et al. (2019) identified correlations between social media usage, body image concerns, and disordered eating behaviors. They propose that individuals who are frequently exposed to beauty ideals disseminated through social media experience heightened physical anxiety, particularly among women, who may feel pressured to pursue unattainable body standards.

Parental weight stigma, an interpersonal source, can result in children exposed to negative criticism and comments about their weight (Nutter et al., 2021). Additionally, negative behaviors and remarks about weight from other interpersonal sources can subject individuals to weight stigma. Individuals may engage in social comparisons of their bodies and appearances with peers, which can adversely impact their body perceptions and experiences of weight stigma (Nutter et al., 2021). Vartanian et al. (2014) identified that weight stigma predominantly arises from interactions with strangers, spouses, friends, parents, and media in everyday life, noting that stigma originating from strangers tends to have a more detrimental effect compared to that from spouses, media, and friends.

Weight stigma is pervasive within society, with various factors contributing to individuals' experiences and the internalization of such stigma. The sources of stigma may differ based on individual perceptions and experiences. A comprehensive understanding of these sources and exploring their effects on weight stigma can be instrumental in mitigating its prevalence. Assessing the frequency of weight stigma experienced by individuals through both interpersonal and non-interpersonal sources is crucial for elucidating the origins of stigma and lessening its impact (Ruckwongpatr et al., 2025). This study examines and adapts the Weight Stigma Exposure Inventory (WeSEI) for a Turkish context and evaluates its psychometric properties. The WeSEI assesses exposure to weight stigma from both interpersonal and non-interpersonal sources (Ruckwongpatr et al., 2025).

Consequently, this research seeks to identify the types and effects of weight stigma sources in Türkiye, thereby contributing to the existing literature on strategies to address and mitigate the detrimental effects of weight stigma. Adapting the WeSEI to the Turkish context will allow researchers and practitioners to identify the primary sources of weight stigma and develop targeted interventions to reduce the harmful physical and psychological effects associated with weight stigma.

2. Method

2.1. Participants, Procedure, and Ethical Considerations

This research received approval from the Anadolu University Social and Human Sciences Ethics Committee (696904). The study involved 410 adult participants residing in Türkiye. An online survey program facilitated data collection through social networking platforms, including Instagram, Facebook, and WhatsApp. Participants were selected through a convenience sampling method and were required to complete a consent form before engaging in the online survey. Participation was voluntary, and responses were submitted anonymously. No financial compensation was provided to the participants. Data were collected in November 2024. Information about the participants is presented in Table 1.

Table 1. Demographic characteristics of the participating (N = 410)

	Mean or n	SD or %
Age	22.30	4.64
Sex		
Female	303	73.9
Male	107	26.1
Height	166.89	11.76
Weight	64.37	14.35
BMI	19.25	3.85
Daily Exercise (hours/day)	0.95	1.20
Time on social media use (hours/day)	3.35	1.96

Note. BMI = body mass index; SD = standard deviation

2.2. Scale Adaptation Process

Originally developed by Ruckwongpatr et al. (2025), the Weight Stigma Exposure Inventory (WeSEI) includes seven dimensions and 35 items (refer to Appendix Table 1). Following the guidelines proposed by Hambleton and Patsula (1998), this study adapted the WeSEI to the Turkish context. To ensure validity, four independent linguists who are experts in Turkish and English were consulted, and translations representing the meaning of each item were included in the Turkish form of WeSEI in accordance with the experts' opinions. The Turkish version was translated back into English by two English language experts. In the final stage, the opinions of four language experts in the translation team were taken to determine whether this translation was compatible with the original scale. In line with these opinions, the final version of the scale was created. The original five-point Likert scale (1 [never] to 5 [always]) was preserved. Before collecting data from the participants, a pilot study was conducted with 30 participants. The participants' opinions about the scale items were obtained using the think-aloud protocol. The pilot study showed that the participants perceived the items in the scale similarly (N= 30) and that there were no differences in item meaning. Analyses of the scale's construct validity, criterion validity, and reliability were performed using a sample of 410 Turkish participants.

2.3. Measures

2.3.1. Weight Self-Stigma Questionnaire (WSSQ)

To evaluate the participants' perceptions of weight self-stigma, the Turkish adaptation of the Weight Self-Stigma Questionnaire (WSSQ), developed by Lillis et al. (2010) and adapted by Sevincer et al. (2017), was employed. The WSSQ consists of two sub-dimensions: fear of enacted stigma and self-devaluation, comprising a total of 12 items. Each sub-dimension includes six items, with a sample item for fear of enacted stigma being, “Others are embarrassed to be around me because of my weight,” and a sample item for self-devaluation being, “I feel guilty about my weight problems.” All items were evaluated using a five-point Likert scale (1: strongly disagree, 5: strongly agree), where higher scores on the WSSQ indicate greater weight-based self-stigma. The final version of the original scale demonstrated a Cronbach's α of 0.878. The original subscale’s reliability coefficients were 0.869 for the fear of enacted stigma subscale and 0.812 for the self-devaluation subscale (Lillis

et al., 2010). The present study assessed internal consistency reliability using Cronbach's α (0.908) and McDonald's ω (0.919) coefficients. The internal consistency reliability for the subscales was also evaluated, yielding a Cronbach's α of 0.909 and McDonald's ω of 0.893 for the fear of enacted stigma subscale, and a Cronbach's α of 0.883 and McDonald's ω of 0.896 for the self-devaluation subscale, respectively.

2.3.2. Bergen Social Media Addiction Scale (BSMAS)

Andreassen et al. (2016) developed the Bergen Social Media Addiction Scale (BSMAS) to assess the phenomenon of social media addiction. The BSMAS is comprised of a single dimension and includes six items, one of which is: "You feel the urge to use social media more and more." Each item is evaluated using a five-point Likert scale, where 1 indicates BSMAS with greater severity of social media addiction. The internal consistency reliability of the present study was found to be excellent, with a Cronbach's α of 0.895 and McDonald's ω of 0.897.

2.3.3. Perceived Weight Stigma Scale (PWSS)

The perceived weight stigma scale (PWSS; Cheng et al., 2018) measured participants' perceived weight stigma. The PWSS consists of 10 items and one subscale (sample item: "People treat you as if you are an inferior person"). All items were rated using a dichotomous two-point scale (1: yes, 0: no), with higher PWSS scores reflecting higher perceived weight stigma (Lin et al., 2020). In the current study, the PWSS was adapted to Turkish. To ensure validity, three independent linguists who are experts in Turkish and English were consulted, and translations representing the meaning of each item were included in the Turkish form of PWSS in accordance with the experts' opinions. Two English language experts translated the Turkish version back into English. In the final stage, the views of all language experts in the translation team determined whether the translation was compatible with the original scale. In line with these opinions, the final version of the scale was created. Confirmatory factor analysis (CFA) results showed that the construct validity of the Turkish version of the PWSS was consistent ($\chi 2 = 55.215$, $df = 33$, $p < .001$, IFI = 0.969, SRMR = 0.04, RMSEA = 0.04, CFI = 0.968, TLI = 0.957). Cronbach's α was 0.731, and McDonald's ω was 0.712 in the present study.

2.3.4. Smartphone Application-Based Addiction (SABAS)

Csibi et al. (2018) developed the smartphone application-based additional scale (SABAS) to evaluate addiction to smartphone applications. This tool features one dimension with six items (e.g., "Over time, my smartphone usage increases."). Participants rated each item on a six-point Likert scale (1: strongly disagree, 6: strongly agree), where higher SABAS scores reflect greater smartphone application-based addiction. Internal consistency reliability was good in the present study; Cronbach's α was 0.848, and McDonald's ω was 0.853, respectively.

2.4. Data Analysis

For adaption purposes, CFA was conducted to assess whether the original factor structure of the WeSEI was preserved in the Turkish version. In addition, tests for internal consistency, concurrent validity with external criterion measures, and sex differences were analyzed. The CFA and internal consistency analyses were executed using Jeffreys's Amazing Statistics Program (JASP) version 0.19.3, while IBM SPSS version 25.0 was used for the remaining analyses. The WeSEI was analyzed for internal consistency using Cronbach's α and McDonald's ω. George and Mallery (2019) state that values ranging from 0.60 to less than 0.80 in Cronbach's α or McDonald's ω suggest acceptable internal consistency. The following fit indices calculated from CFA were used to describe whether the factor structure of the original scale was confirmed: standardized root mean square residual (SRMR) < 0.08, comparative fit index (CFI) > 0.9, root mean square error of approximation (RMSEA) < 0.08, Tucker-Lewis index (TLI) > 0.9, and incremental fit index (IFI) > 0.9 (Byrne, 2016). The WeSEI was examined for concurrent validity with relevant measures (i.e., the external criterion measures of the WSSQ, BSMAS, PWSS, and SABAS). Pearson correlations (r) assessed concurrent validity. Cohen (1998) noted that a Pearson correlation coefficient of $r < 0.30$ suggests low correlations, while $r > 0.30$ indicates moderate or strong correlations. Furthermore, the WeSEI was analyzed for significant score differences between sexes (i.e., female vs. male).

3. Results

Table 2 presents the reliability and validity results of the Turkish version of the WeSEI.

Table 2. Scale properties of the Turkish WeSEI

	WeSEI	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5	Factor 6	Factor 7
Cronbach's α	.956	.898	.944	.922	.882	.898	.888	.956
McDonald's ω	.934	.872	.947	.920	.845	.880	.878	.924
CFA								
χ^2 (df)	1576.854 (534)	--	--	--	--	--	--	--
p-value	< .001	--	--	--	--	--	--	--
CFI	.913	--	--	--	--	--	--	--
TLI	.903	--	--	--	--	--	--	--
RMSEA	.071	--	--	--	--	--	--	--
SRMR	.062	--	--	--	--	--	--	--
HTMT method								
Social media source	--	1						
Traditional media source	--	0.704	1					
TV source	--	0.715	0.658	1				
Parent source	--	0.432	0.465	0.429	1			
Friend source	--	0.455	0.396	0.454	0.703	1		
Significant others source	--	0.279	0.272	0.303	0.603	0.722	1	
Stranger source	--	0.584	0.520	0.580	0.432	0.513	0.366	1

Note. CFA=confirmatory factor analysis; CFI=comparative fit index; TLI=Tucker-Lewis index; RMSEA=root mean square error of approximation; SRMR=standardized root mean square residual; HTMT= heterotrait-monotrait ratio.

The seven-factor model of the WeSEI was validated by the satisfactory CFA fit (see table 2). The HTMT analysis was conducted to assess discriminant validity. Since the HTMT ratio of factor loadings was below 0.85, discriminant validity was confirmed. Furthermore, the internal consistency of the total WeSEI and its sub-dimensions were calculated (Table 2), demonstrating that both the WeSEI and its sub-dimensions are reliable in the Turkish version. To test the concurrent validity of the Turkish version of the WeSEI, the previously validated WSSQ, BSMAS, PWSS, and SABAS scales were used. Pearson correlations (r) were used to evaluate the concurrent validity (Table 3).

Table 3. Concurrent validity of the WESEI

	Pearson correlation with an external criterion measure			
	WSSQ	**BSMAS**	**PWSS**	**SABAS**
WESEI	.297*	.356*	.360*	.348*
Social media source	.241*	.313*	.207*	.286*
Traditional media source	.200*	.266*	.175*	.265*
TV source	.141*	.285*	.248*	.244*
Parent source	.342*	.297*	.352*	.312*
Friend source	.228*	.215*	.340*	.210*
Significant others source	.167*	.225*	.258*	.226*
Stranger source	.232*	.259*	.289*	.272*

Note. *= p < .01, WeSEI = weight stigma exposure inventory; WWSQ = weight self-stigma questionnaire; BSMAS = Bergen social media addiction scale; PWSS = perceived weight stigma scale; SABAS = smartphone application-based addiction scale.

Table 4. Sex differences in the WeSEI

	Mean (SD) in sex		**t (p)**
	Female (n =236)	Male (n = 174)	
WESEI	2.43 (.71)	2.46 (.74)	-0.346 (.73)
Social media source	3.11 (.92)	2.97 (1.02)	1.427 (.15)
Traditional media source	2.77 (1.07)	2.57 (1.02)	1.883 (.06)
TV source	3.13 (.96)	2.98 (1.02)	1.460 (.14)
Parent source	1.82 (.89)	1.93 (.92)	-1.177 .24
Friend source	1.92 (.91)	2.28 (1.01)	-3.778 (< .001)*
Significant others source	1.65 (.91)	1.86 (.91)	-2.314 (.02)**
Stranger source	2.62 (1.06)	2.62 (.98)	-0.012 (.99)

Note. * = p< .01, ** = p < .05

The WeSEI and its sub-dimensions were significantly positively correlated with external criteria scales (Table 3). Accordingly, WeSEI and its sub-dimensions have concurrent validity. Sex differences were also analyzed in the Turkish version of the WeSEI (Table 4). The mean scores from the "friend source" and "significant other source" sub-dimensions showed statistically significant differences according to sex (table 4). Males' mean scores in the two sub-dimensions were significantly higher than those of females.

4. Discussion

In this study, the WeSEI was adapted to the Turkish context to investigate the sources and effects of weight stigma within Turkish culture (Ruckwongpatr et al., 2025). Adhering to the guidelines established by Hambleton and Patsulas (1998) for adaptation, the original WeSEI scale, which comprises seven factors and 35 items, was preserved. The findings indicated that the seven-factor model of the WeSEI was validated by satisfactory fit indices obtained from confirmatory factor analysis (CFA). Consequently, the Turkish version of the WeSEI was confirmed to retain the seven-factor structure present in the original scale. Additionally, the heterotrait-monotrait ratio (HTMT) analysis of the inventory revealed that the ratio of each factor loading was below 0.85, thereby affirming the discriminant validity of the WeSEI in the Turkish context. In the study conducted by Ruckwongpatr et al. (2025), certain factors exhibited values exceeding 0.85 or 0.90 in the HTMT analysis, suggesting that some factors may not be sufficiently distinct. The results collectively indicate that the Turkish version of the WeSEI possesses a robust structure concerning discriminant validity.

The Turkish version of the WeSEI utilized previously validated scales, including the WSSQ, BSMAS, PWSS, and SABAS, as external criterion measures to establish its validity. The results indicated that the Pearson correlation coefficient for the WeSEI and all its subdimensions in the Turkish version was calculated ($r < .30$), demonstrating positive and significant correlations with the external scales. Additionally, the Turkish WeSEI and its subdimensions exhibited acceptable levels of internal consistency. Consistent with the findings of the original version (Ruckwongpatr et al., 2025), the current results suggest that the Turkish version of the WeSEI possesses robust psychometric properties.

The present study examined sex differences in exposure to weight stigma utilizing the Turkish version of the Weight Stigma Exposure Inventory (WeSEI). The results indicated significant disparities between male and female participants in the sub-dimensions of friend source and significant other source, with male participants reporting higher mean scores than females. This finding suggests that sex may significantly influence the experience of weight stigma, particularly within the contexts of friendships and romantic relationships. These results align with prior research that has identified sex differences in the effects of weight stigma, indicating that males and females may experience stigma variably depending on the source and context (Richmond et al., 2024; Sattler et al., 2018; Wellman et al., 2019). Furthermore, the Turkish version of the WeSEI has demonstrated reliability as an instrument for measuring weight stigma exposure. These findings show the robustness of the instrument but also underscore the importance of sex as a critical factor in understanding weight stigma exposure from various sources. Future research should further explore the underlying reasons for sex differences and investigate how interventions can be tailored to address the specific needs of diverse groups.

4.1. Implications for theory and practice

Based on the validity and reliability analyses, the Turkish version of the Weight Stigma Exposure Inventory Scale (WeSEI) was shown to be a psychometrically sound instrument for research on weight stigmatization in Türkiye. This tool can be utilized in scientific studies to identify the sources of weight stigma and to evaluate the effects of stigmatization on individuals from various origins. Assessing the frequency of weight stigma from interpersonal and non-interpersonal sources is crucial for understanding its occurrence and mitigating its impact (Ruckwongpatr et al., 2025). The instrument is anticipated to elucidate the frequency and sources of weight stigmatization in Türkiye, thereby contributing to initiatives to alleviate its adverse effects. Furthermore, the Turkish version of the WeSEI can guide the planning and implementation of effective interventions to support individuals affected by weight stigmatization in Türkiye, ultimately enhancing their overall health.

4.2. Limitations and directions for future research

This study, which evaluated the validity and reliability of the Turkish version of the Weight Stigma Exposure Inventory (WeSEI), presents several limitations. Firstly, the sample was obtained through a convenience sampling method, predominantly comprising young adults with an average age of 22.30 years. Given that weight-related stigmas can change across the lifespan (Knight et al., 2009) and tend to impact

individuals with higher Body Mass Indices (BMIs) more significantly (Wu & Berry, 2018), further research is warranted to investigate how various sources of stigma may influence individuals across diverse demographic groups. Moreover, the study was conducted online, which may have introduced measurement errors attributable to selection bias or social desirability bias. Lastly, the current study did not employ the test-retest method to verify its reliability. Future research should incorporate the test-retest approach to assess the reliability of the Turkish version of the WeSEI.

Statement of Researchers

Researchers' contribution rate statement:

Conceptualization: CÇ, WYG, HK, NB, EA, Y-CL; Data curation: CÇ, WYG, HK, EA, Y-CL; Formal analysis: CÇ, WYG, HK, NB, EA, Y-CL; Investigation: CÇ, WYG, HK, NB, EA, Y-CL; Methodology: CÇ, WYG, HK, NB, EA, Y-CL; Resources: CÇ, HK, EA; Software: CÇ, WYG, HK, NB, EA, Y-CL; Supervision: CÇ, WYG, NB; Validation: CÇ, WYG, HK, NB, EA, Y-CL; Visualization: CÇ, WYG, HK, NB, EA, Y-CL; Writing - original draft: CÇ, WYG, HK, NB, EA, Y-CL; Writing - editing & review: CÇ, WYG, HK, NB, EA, Y-CL

Conflict statement:

The authors declare that they have no conflict of interest.

Data Availability Statement:

The data supporting this study's findings are available from the corresponding author upon reasonable request.

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Ethical Considerations:

The Anadolu University Ethics Committee's Social and Human Sciences Ethics Committee's decision, No. 696904, approved this research on 14/02/2024.

Author Biographies

Cafer Çarkıt, Ph. D., is an Associate Professor at Gaziantep University's Department of Turkish and Social Sciences Education. He will also work at the Department of Turkish Language Literature Culture, Faculty of Philology, University of Belgrade in the academic year 2024-2025. His research interests include Turkish language education, Turkish as a foreign language, teacher education, and language skills.

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Hazal Koç successfully and academically competently completed her bachelor's and master's degrees in preschool education at Çanakkale Onsekiz Mart University and continues her PhD in preschool education at Anadolu University. She works professionally in the Department of Child Development and Youth Services at Kütahya Dumlupınar University and continues researching early childhood education, education programs, and youth services.

Nadia Bevan is currently a research fellow at Monash University. Her research focuses on equity and inclusion in physical activity and sport. Her PhD, conferred by Monash University in July 2023, focused on the role of weight stigma and appearance concerns in the tendency to avoid physical activity and sport. She is passionate about creating inclusive environments to support physical activity and has worked on various projects to reduce barriers to sport and physical activity participation. She has also worked in the community sector on a gender equality in sport program in regional Victoria

Ezgi Avcı completed her undergraduate education in social studies teaching at Süleyman Demirel University. He completed his master's degree at Anadolu University in 2024 with the thesis titled Social Studies Teachers' Perspectives on Disaster Risk Reduction Education in Social Studies Education. She has been a PhD student in social studies education at Anadolu University since 2024. She has been working as a research assistant in the department of social studies education at Trakya University since 2023. She continues her research in social studies education, teacher training, and disaster risk reduction education.

Yi-Ching Lin possesses a Ph.D. in Applied Health Science from Indiana University, specializing in health behavior and a minor in early childhood education. She is an associate professor at the Department of Early Childhood and Family Education, National Taipei University of Education, Taipei, Taiwan. Dr. Lin's research portfolio includes projects examining the impact of parenting behaviors on children's health-related quality of life and the long-term effects of parental support and educational programs on promoting physical activity among young children. Her scholarly work emphasizes early childhood health behaviors and development. Furthermore, she is expanding her research to investigate problematic internet use and addiction in young children. Dr. Lin's contributions to early childhood education and health behavior are marked by a commitment to advancing knowledge and informing practice in these critical areas.

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Appendix 1. Weight Stigma Exposure Inventory (WE-SEI) (Turkish Version)

Yönerge: Lütfen son 12 ay içerisindeki deneyimlerinizden hareketle aşağıdaki ifadelere ne sıklıkla katıldığınızı belirtiniz.

Sosyal medyadan (ör. Facebook, web siteleri ve bloglar)	Asla (1)	Nadiren (2)	Bazen (3)	Çok sık (4)	Her zaman (5)
1. Sosyal medyada kilo ile ilgili olumsuz ifadeler (örneğin, fazla kilolar acınasıdır; şişman insanlar işe yaramaz ve tembeldir) gözlemledim. 2. Sosyal medyada insanların zayıf olmayı fazla kilolu/obez olanlardan daha çekici bulduğunu gözlemledim. 3. Sosyal medyada insanların fazla kilolu/obez bireylerden hoşlanmadıklarını gözlemledim. 4. Sosyal medyada kilo ile ilgili internet şakaları (örneğin, şişman insanlar itici veya düşmancadır) gözlemledim. 5. İnsanların sosyal medyada fazla kilolu/obez kişilere yönelik düşmanca davranışlarını (örneğin, şişman bir adamla dalga geçtim) yazdıklarını gözlemledim.					
Geleneksel medyadan (örn. TV, gazete, dergi ve kitaplar)					
6. Geleneksel medyada kilo ile ilgili olumsuz ifadeler (örneğin, fazla kilolu olmak acınası bir durumdur; şişman insanlar işe yaramaz ve tembeldir) gözlemledim. 7. Geleneksel medyada insanların zayıf olmayı fazla kilolu/şişman olanlardan daha çekici bulduğunu gözlemledim. 8. Geleneksel medyada insanların fazla kilolu/obez bireylerden hoşlanmadıklarını gözlemledim. 9. Geleneksel medyada kiloyla ilgili şakalar (örneğin, şişman insanlar itici veya düşmancadır) gözlemledim. 10. Geleneksel medyada insanların fazla kilolu/obez kişilere yönelik düşmanca davranışlarını (örneğin, şişman bir adamla dalga geçtim) yazdıklarını gözlemledim.					
Dizilerden/Filmlerden					
11. İzlediğim diziler/filmler aşırı kilolu/obez bireyleri olumsuz bir şekilde tasvir ediyor (örneğin, aşırı kilolu olmak acınası bir durumdur; şişman insanlar işe yaramaz ve tembeldir). 12. İzlediğim diziler/filmler ince yapılı insanları çekici olarak gösteriyor. 13. İzlediğim diziler/filmler tipik olarak TV karakterlerinin fazla kilolu/obez insanlardan hoşlanmadığını gösteriyor. 14. İzlediğim diziler/filmler fazla kilolu/obez insanlarla dalga geçildiğini gösteriyor. 15. İzlediğim diziler/filmler aşırı kilolu/obez insanlara kötü davranıldığını (örn. alay veya zorbalık) gösterdi.					
Ebeveynlerden ve kardeşlerden					
16. Ebeveynlerim ve kardeşlerimin kilo ile ilgili olumsuz inançları var (örneğin, fazla kilo acınası bir durumdur; şişman insanlar işe yaramaz ve tembeldir). 17. Ebeveynlerim ve kardeşlerim ince yapılı insanların aşırı kilolu/şişman olanlardan daha çekici olduğunu düşünür. 18. Annem, babam ve kardeşlerim fazla kilolu/şişman insanları sevmezler. 19. Ebeveynlerim ve kardeşlerim kiloyla ilgili şakalar yapar veya alay eder (örneğin, şişman insanlar çekici değildir veya arkadaş canlısı değildir).					
20. Ebeveynlerim ve kardeşlerim fazla kilolu/obez insanlara kötü davranıyor (örn. alay etme veya zorbalık).					
Arkadaşlardan/akranlardan					

21. Arkadaşlarımın/akranlarımın kiloyla ilgili olumsuz inançları var (örneğin, fazla kilo acınası bir durumdur; şişman insanlar işe yaramaz ve tembeldir).	
22. Arkadaşlarım/akranlarım ince yapılı insanların aşırı kilolu/şişman olanlardan daha çekici olduğunu düşünürler/inanırlar.	
23. Arkadaşlarım/akranlarım fazla kilolu/obez insanları sevmez.	
24. Arkadaşlarım/akranlarım kiloyla ilgili şakalar yapar veya alay eder (örneğin, şişman insanlar çekici değildir, arkadaş canlısı değildir, dış gruptur).	
25. Arkadaşlarım/akranlarım fazla kilolu/obez insanlara kötü davranıyor (örn. alay etme veya zorbalık).	
Diğer önemli kişiden (örn. partner/eş/erkek arkadaş)	
26. Sevgilimin kiloyla ilgili olumsuz inançları var (örneğin, fazla kilo acınası bir durumdur; şişman insanlar işe yaramaz ve tembeldir).	
27. Sevgilim ince yapılı insanları fazla kilolu/şişman olanlardan daha çekici bulur.	
28. Sevgilim aşırı kilolu/obez insanlardan hoşlanmaz.	
29. Sevgilim kiloyla ilgili şakalar yapar veya alay eder (örneğin, şişman insanlar iticidir, arkadaş canlısı değildir).	
30. Sevgilim fazla kilolu/obez insanlara kötü davranır (örneğin, alay eder veya zorbalık yapar).	
Yabancılardan	
31. Yabancılardan kiloyla ilgili olumsuz inançlar (örneğin, fazla kilo acınası bir durumdur; şişman insanlar işe yaramaz ve tembeldir) gözlemledim.	
32. Yabancıların ince yapılı insanları fazla kilolu/şişman olanlara göre daha çekici bulduklarını gözlemledim.	
33. Yabancıların aşırı kilolu/obez insanlardan hoşlanmadıklarını gözlemledim.	
34. Yabancıların kilo ile ilgili şakalar yaptığını veya alay ettiğini gördüm (örneğin, şişman insanlar itici veya düşmanca).	
35. Yabancıların fazla kilolu/obez insanlara kötü davrandığını gördüm (örneğin, alay etmek veya zorbalık yapmak).	