

Role Modelling of Body Image (Attitudes and Behaviours) Questionnaire (RMBI-Q)

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Available for research purposes.

Instructions: Please indicate how much you agree or disagree with each statement by selecting the appropriate number.

	Strongly disagree	Disagree	Neither disagree or agree	Agree	Strongly agree
1. I am an excellent role model of positive body image for my child/ren.	1	2	3	4	5
2. I make positive comments about my body in front of my child/ren.	1	2	3	4	5
3. I avoid talking about my body in a negative way in front of my child/ren.	1	2	3	4	5
4. My child/ren see(s) me engaging in positive, joyful movement.	1	2	3	4	5
5. My child/ren see(s) me enjoying a wide variety of foods without restraint.	1	2	3	4	5
6. I avoid talking about diet and exercise for weight control in front of my child/ren.	1	2	3	4	5

If you publish data using this scale, please cite: Damiano, S., Yager, Z., Prichard, I., & Hart, L. (2019). Leading by example: Development of a maternal modelling of positive body image scale and relationships to body image attitudes. *Body Image, 29*, 132-139.