

APPENDICES:

APPENDIX A:

- A 1. Table 16. Change in Score on the HUGS Lifestyle Quiz in Test and Control Groups.
- A 2. Table 17. Comparison Between Diet and Non-Diet Concepts.

APPENDIX B:

- B 1. Demographic and Health Data Questionnaire.
- B 2. HUGS Lifestyle Quiz.
- B 3. Body Shape Questionnaire.
- B 4. Rosenberg's Self-Esteem Scale.
- B 5. Food Habits Questionnaire.
- B 6. What is My Body Image?

APPENDIX C:

- C 1. Letter to Parents, Registration Form and Informed Consent.
- C 2. Letter to Principals.