**Background/significance**

- College campuses have high prevalence of eating disorders/disordered eating
- Blind weights may reduce anxiety from being weighed
- Literature on in-patients with eating disorders (ED)
- Use in college health was not reported

**SAMPLE/METHODS**

- Sample (N=281) of patients presenting for any type of appointment in clinic
- All patients were blind weighed
- Exam room Q-R code posted & linked to an anonymous survey
- Providers encouraged patients to answer

**Purpose**

Deliver trial program of blind weights at our college health center
- evaluate the utility, need, and acceptance of blind weights among our patients.

**RESULTS**

- A simple count/percentage of responses were collected via Qualtrics on 6 items
- We reviewed the written responses and presented all results to the healthcare providers

**ANALYSIS**

- **Question**
  - Did you have anxiety about being weighed?
  - Does seeing your weight make you anxious?
  - Does seeing weight impact how you feel about yourself?
  - Change behavior to affect weight?
  - Do you like blind weights?
  - Did you know you can refuse to be weighed?

- **Questionnaire Topic**
  - N  
  - Yes (%)  
  - No (%)

<table>
<thead>
<tr>
<th>Question</th>
<th>N</th>
<th>Yes (%)</th>
<th>No (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did you have anxiety about being weighed?</td>
<td>281</td>
<td>79 (28.11)</td>
<td>197 (70.11)</td>
</tr>
<tr>
<td>Does seeing your weight make you anxious?</td>
<td>281</td>
<td>97 (34.52)</td>
<td>164 (58.36)</td>
</tr>
</tbody>
</table>
| Does seeing weight impact how you feel about yourself? | 280 | 114 (71)  
  *worse 24 (8.57)  
  *better 111 (39.64) |
| Change behavior to affect weight? | 280 | 96 (34.29) | 161 (57.5) |
| Do you like blind weights? | 281 | 75 (26.69) | 176 (62.63) |
| Did you know you can refuse to be weighed? | 281 | 50 (17.79) | 227 (80.78) |

**REFERENCE**

References upon request

**COMMENT RESPONSES**

- Useful for those negatively impacted by seeing weight
- Good option to not see it (weight)
- Weight reinforces diet/exercise efforts
- Trying to gain weight (wanted to see)
- ED impacted by seeing weight
- Men and women may have different opinions
- Should not be an issue either way

**NEXT STEPS**

**Education**

- **Patients**
  - right to refuse weight, choose blind weight, and/or discuss weight with provider
- **Staff** - reception, nurses, providers
  - addressing weight with patients

**Environment changes**

**Messaging re: weight options**

- offer card so patient can choose weighing option
- Media/advertising campaign
- Information in EMR/handouts

- **Re-evaluate program**