

Table 1: Descriptive data of all items of scale.

Items	Mean	s.d.	Skewness	Kurtosis
1. I eat three meals daily	3.25	1.62	-.16	-1.63
2. I choose foods without too much oil	3.15	1.52	-.03	-1.51
3. Include dietary fiber (e.g. fruits or vegetables)	3.58	1.49	-.53	-1.23
4. Drink at least 1.5 liter of water daily (or 6-8 cups)	3.38	1.49	-.27	-1.43
5. Each meal includes five food groups (e.g. bread, meat, milk...)	3.33	1.41	-.19	-1.35
6. Eat breakfast daily	3.89	1.51	-.85	-.98
7. I speak up & share my feelings with others	2.81	1.50	.27	-1.40
8. I care about other people.	3.46	1.38	-.33	-1.26
9. I talk about my concerns with others.	2.79	1.46	.24	-1.34
10. Make an effort to smile or laugh every day	3.82	1.42	-.77	-.92
11. Enjoy keeping in touch with relatives.	4.18	1.28	-1.32	.32
12. Make an effort to have good friendships.	4.36	1.18	-1.75	1.75
13. Talk about my troubles to others.	2.80	1.50	.23	-1.41
14. Read food labels when I shop	2.82	1.57	.23	-1.50
15. I watch my weight.	3.26	1.50	-.15	-1.46
16. Discuss my health concerns with a doctor or nurse.	2.65	1.50	.37	-1.34
17. Observe my body at least monthly	3.21	1.55	-.14	-1.53
18. Brush my teeth and use dental floss after meals.	3.77	1.35	-.70	-.88
19. Wash hands before meals.	4.20	1.27	-1.40	.55
20. Read health information.	3.25	1.50	-.18	-1.44
21. Make an effort to choose foods without preservatives	3.06	1.50	-.01	-1.44
22. Make an effort to like myself.	4.13	1.37	-1.28	.11
23. Make an effort to feel happy and content.	4.30	1.21	-1.53	.93
24. I usually think positively	4.07	1.24	-1.12	-.01
25. Make an effort to understand my strengths, weaknesses and accept them.	3.98	1.32	-1.03	-.28
26. Make an attempt to correct my defects.	3.98	1.30	-1.03	-.26
27. Make an effort to know what's important for me.	4.09	1.27	-1.19	.13
28. Make an effort to feel interesting and challenged every day.	3.96	1.31	-.98	-.36
29. Make an effort to believe that my life has purpose.	4.22	1.25	-1.43	.70
30. Perform stretching exercise daily	3.41	1.45	-.32	-1.33
31. Exercise rigorously 30 minutes at least 3 times per week	3.32	1.51	-.21	-1.47
32. Participate in physical fitness class at school weekly.	4.31	1.24	-1.59	1.08
33. Warm up before rigorous exercise.	3.89	1.41	-.91	-.67
34. Make an effort to stand or sit up straight.	3.82	1.35	-.76	-.81
35. Make an effort to spend time daily for relaxation.	3.80	1.40	-.79	-.80
36. Make an effort to determine the source of my stress.	3.70	1.43	-.68	-.99
37. Make an effort to watch my mood changes	3.74	1.38	-.69	-.90
38. Sleep for 6-8 hours each night	3.89	1.37	-.86	-.72
39. Make schedules and set priorities.	3.61	1.47	-.55	-1.18
40. I try not to lose control when things happen that are unfair	3.69	1.41	-.67	-.95

Note: The deleted items from final version are shown in gray.