

Appendix 2

Questionnaire about pre-competition rapid weight loss

Answer the questions with as much **attention** and **seriousness** as possible.

THE QUESTIONS REFERS TO RAPID WEIGHT LOSS IN ORDER TO COMPETE IN A GIVEN WEIGHT CLASS

The University of Sao Paulo thanks for your participation!

GENERAL INFORMATION.

Today's Date: ____/____/____.

1. Age: ____ years.
2. Gender: () male () female
3. At what age did you begin to **practice** judo? ____ years.
4. At what age did you begin to **compete** judo? ____ years.
5. How much do you weight? ____ kg.
6. How tall are you? ____ m.
7. Please describe your achievements and participation in Judo competitions to date:

Regional or city level competition (give some examples of regional or city level competitions)

() participated without winning medal () won a medal () never participated

State level (give some examples of state level competitions)

() participated without winning medal () won a medal () never participated

National level (give some examples of national level competitions)

() participated without winning medal () won a medal () never participated

International level (give some examples of international level competitions)

() participated without winning medal () won a medal () never participated

8. How many times did you compete in the last year (including non-official competitions)? _____.
9. In how many competitions did you win medal in the last year (including non-official competitions)? _____.

WEIGHT HISTORY AND DIET PATTERNS.

10. In which weight class do you compete? under ____ kg.
11. Did you change your weight class in the last two years?
() yes. In which weight classes did you compete? _____.
() no, I competed in the same weight class in the last two years
12. How much did you weigh in the last judo off-season (especific the year) ? ____ kg.
13. Have you ever lost weight in order to compete?
() Yes. (please continue aswering the rest of the questionnaire)
() No, I have never cut weight to compete (thank you for your help - do not answer the following questions).
14. What is the MOST WEIGHT that you have cut to compete in your career? ____ kg.
15. How many times did you cut weight to compete last season (especific the year)? _____ times.
16. How much weight do you **usually** cut before competitions? ____ kg.
17. In how many days do you **usually** cut weight before competitions? _____ days.
18. At what age did you begin to cut weight for competitions? _____ years old.
19. How much weight do you usually regain in the week following a competition? _____ kg/week.

please continue on the next page

20. Using the scale below, please rate the amount of influence that each individual listed below has had on your weight loss practices. (i.e.: who encouraged and taught you to lose weight) (check all items)

1	2	3	4	5
not influential	little influential	unsure	some influential	very influential
☐ another judoka/training colleague			☐ judo coach/sensei;	
☐ fellow judoka;			☐ parents;	
☐ physician/doctor;			☐ dietitian;	
☐ physical trainer;			☐ other. Explain _____	

21. The table below presents several methods to lose weight rapidly. Using the table below, HOW OFTEN did you use each one of the following methods to lose weight before competitions? (Check all items).

Gradual dieting (lose weight in 2 weeks or more)	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Skipping 1 or 2 meals	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Fasting (not eating all day)	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Restricting fluids ingestion	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Increased exercises (more than usual)	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Training intentionally in heated training rooms	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Saunas	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Training with rubber/plastic suits	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Use winter or plastic suits during the whole day and/or night (without exercising)	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Spitting	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Laxatives	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Diuretics	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Diet pills	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()
Vomiting	always ()	sometimes ()	almost never ()	never used ()	I don't use anymore ()

Appendix 3

Scores:

Question 13: yes = 3 points; no = 0 points

Question 14 = 0.5 points per kg

Question 15 = 1 point per time

Question 16 = 1 point per kg

Question 17:

1–3 days = 5 points

4–5 days = 4 points

6–7 days = 3 points

8–10 days = 2 points

11–14 days = 1 point

15 days or more = 0 points

Question 18:

14 years or less = 5 points

Validation of a judo weight loss questionnaire

15 years = 4 points

16 years = 3 points

17 years = 2 points

18 years = 1 point

19 years or more = 0 points

Question 19 = 1 point per kg

Question 21:

always = 3 points per method

sometimes = 2 points per method

almost never = 1 point per method

never used = 0 points

I don't use anymore = 0.5 point per method

“gradual dieting” and “increased exercising” = 0 points

“laxatives”, “diuretics”, “diet pills” and “vomiting” = frequency score $\times$ 2