The Body Esteem Scale-Revised  (Frost, Franzoi, Oswald, & Shields (2017)

Instructions: Below are listed a number of body parts and functions. Please read each item and indicate how you feel about this part or function of your own body, using the following response categories:

1 = Have strong negative feelings
2 = Have moderate negative feelings
3 = Have no feeling one way or the other
4 = Have moderate positive feelings
5 = Have strong positive feelings

1. Body scent
2. Head hair
3. Hips
4. Physical stamina
5. Reflexes
6. Arms
7. Muscular strength
8. Waist
9. Energy level
10. Thighs
11. Skin condition
12. Biceps
13. Weight
14. Body build
15. Figure/Physique
16. Buttocks
17. Agility
18. Health
19. Sex activities
20. Chest or breasts
21. Appearance of eyes
22. Face
23. Physical condition
24. Legs
25. Sex drive
26. Appearance of stomach
27. Sex organs
28. Physical coordination

Note. Subscale scores are calculated by summing responses for the items corresponding to each subscale. The means and standard deviations for each female subscale are: Sexual Attractiveness, $M = 32.67$, $SD = 5.18$; Weight Concern $M = 23.31$, $SD = 6.95$; Physical Condition, $M = 20.56$, $SD = 4.67$. The means and standard deviations for each male subscale are: Sexual Attractiveness, $M = 28.79$, $SD = 4.97$; Upper Body Strength $M = 16.63$, $SD = 4.46$; Physical Condition, $M = 35.47$, $SD = 7.76$ (Frost et al., 2017, Sex Roles).

Women
Sexual attractiveness: body scent, buttocks, chest or breasts, appearance of eyes, sex drive, sex activities, face, head hair, skin condition
Weight concern: waist, thighs, body build, hips, legs, figure or physique, appearance of stomach, weight
Physical condition: physical stamina, muscular strength, energy level, physical coordination, health, physical condition
Men

Sexual attractiveness: body scent, appearance of eyes, sex drive, sex organs, sex activities, face, head hair, skin condition

Upper body strength: muscular strength, biceps, body build, arms, chest or breasts

Physical condition: physical stamina, reflexes, energy level, physical coordination, agility, figure or physique, appearance of stomach, health, physical condition, weight

References

