

The Body-Esteem Scale (Franzoi & Shields, 1984)

Instructions: On this page 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 scale:

- 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

			Factor Loading (see below)	
			Male	Female
1.	body scent	_____		SA
2.	appetite	_____	PC	WC
3.	nose	_____	PA	SA
4.	physical stamina	_____	PC	PC
5.	reflexes	_____	PC	PC
6.	lips	_____	PA	SA
7.	muscular strength	_____	UBS	PC
8.	waist	_____	PC	WC
9.	energy level	_____	PC	PC
10.	thighs	_____	PC	WC
11.	ears	_____	PA	SA
12.	biceps	_____	UBS	PC
13.	chin	_____	PA	SA
14.	body build	_____	UBS	WC
15.	physical coordination	_____	UBS, PC	PC
16.	buttocks	_____	PA	WC
17.	agility	_____	PC	PC
18.	width of shoulders	_____	UBS	
19.	arms	_____	UBS	
20.	chest or breasts	_____	UBS	SA
21.	appearance of eyes	_____	PA	SA
22.	cheeks/cheekbones	_____	PA	SA
23.	hips	_____	PA	WC
24.	legs	_____		WC
25.	figure or physique	_____	UBS, PC	WC
26.	sex drive	_____	UBS	SA
27.	feet	_____	PA	
28.	sex organs	_____	PA	SA
29.	appearance of stomach	_____	PC	WC

30.	health	_____	PC	PC
31.	sex activities	_____		SA
32.	body hair	_____		SA
33.	physical condition	_____	PC	PC
34.	face	_____	PA	SA
35.	weight	_____	PC	WC

A factor analysis indicated that three factors emerged for males and females. These factors are (1) Physical Attractiveness (PA) for males or Sexual Attractiveness (SA) for females, (2) Upper Body Strength (UBS) for males or Weight Concern (WC) for females and (3) Physical Condition (PC) for both males and females. Means for these three factors can be computed for males and females but please note that these means cannot be compared because they are not based on the same items. Also note that two items load on two factors for males. The information under the Factor Loading heading should be deleted before the test is given - the information is provided for experimenters who wish to analyse the three factors separately.

To determine a subject's score for a particular subscale of the Body Esteem Scale, simply add up the individual scores for items on the subscale. For example, for female sexual attractiveness, you would add up the subject's ratings of the items comprising the sexual attractiveness subscale (13 items).

References

- Franzoi, S.L. (1994). Further evidence of the reliability and validity of the body esteem scale. *Journal of Clinical Psychology, 50*, 237-239.
- Franzoi, S.L. & Shields, S.A. (1984). The Body-Esteem Scale: Multidimensional structure and sex differences in a college population. *Journal of Personality Assessment, 48*, 173-178.