

The Body Esteem Scale-Revised (Frost, Franzoi, Oswald, & Shields (2018))

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

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

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

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.*

Frost, K.A., Franzoi, S.L., Oswald, D.L., & Shields, S.A. (2018). Revising the Body Esteem Scale with a U.S. college student sample: Evaluation, validation, and uses for the BES-R *Sex Roles, 78, 1-17.* doi: 10.1007/s11199-017-0776-5.