

Body Appreciation Scale

Name:	Date:				
The Body Appreciation Scale is designed to assess an individual's attitudes towards their body. A higher score indicates a greater appreciation for one's body.					
There are 5 possible answers for each of the 13-items. These are listed below:					
1 = Never 2 = Seldom 3 = Sometimes 4 = Often 5 = Always					
Item	1	2	3	4	5
1. I respect my body.					
2. I feel good about my body.					
3. On the whole, I am satisfied with my body.					
4. Despite its flaws, I accept my body for what it is.					
5. I feel that my body has at least some good qualities.					
6. I take a positive attitude toward my body.					
7. I am attentive to my body's needs.					
8. My self-worth is independent of my body shape or weight.					
9. I do not focus a lot of energy being concerned with my body shape or weight.					
10. My feelings toward my body are positive, for the most part.					
11. I engage in healthy behaviors to take care of my body.					
12. I do not allow unrealistically thin images of women presented in the media to affect my attitudes towards my body.					
13. Despite its imperfections, I still like my body.					
Total Score (Mean of raw scores):					
Scoring and interpretation					
To calculate the total mean raw score, average the responses to all items. Ensure all questions are answered thoroughly for accurate results. Higher average scores indicate greater body appreciation.					

Avalos, L., Tylka, T. L., & Wood-Barcalow, N. (2005). The Body Appreciation Scale: Development and psychometric evaluation. *Body Image*, 2(3), 285–297. <https://doi.org/10.1016/j.bodyim.2005.06.002>