

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. | | | | | |