

## Body Image Survey

Name \_\_\_\_\_

Date \_\_\_\_\_

**Directions:** Please circle one response for each question.

1. Are you happy with your body image?  
Never          Rarely          Sometimes          Often          Always
2. Do you feel that you have a “normal” body according to mainstream depictions?  
Never          Rarely          Sometimes          Often          Always
3. Are you happy with your current size?  
Yes          No
4. Do you feel that women’s magazines portray a realistic body image for women?  
Never          Rarely          Sometimes          Often          Always
5. Do you feel that TV programs portray a realistic body image for women?  
Never          Rarely          Sometimes          Often          Always
6. When shopping, have you ever felt frustration at being unable to find clothes that fit?  
Never          Rarely          Sometimes          Often          Always
7. Have you ever bought clothes that are too small in the hope that you will lose weight and then they will fit?  
Never          Rarely          Sometimes          Often          Always
8. Do you have any clothes in your wardrobe that do not fit but you keep because plan to “diet into them”?  
Yes          No
9. Do you count calories?  
Never          Rarely          Sometimes          Often          Always
10. Do you discuss dieting with your family/friends?  
Never          Rarely          Sometimes          Often          Always
11. Do you consciously buy “diet” foods?  
Never          Rarely          Sometimes          Often          Always
12. Have you ever dieted?  
Yes          No
13. Have you ever dieted to lose weight?  
Yes          No

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### Administrative use only:

Score \_\_\_\_\_

Scorer Name \_\_\_\_\_

Program Name \_\_\_\_\_

Youth entrance into program date \_\_\_\_\_

## Body Image Survey Scoring Instrument

Name \_\_\_\_\_

Date \_\_\_\_\_

**Directions:** Please circle one response for each question.

1. Are you happy with your body image?

Never          Rarely          Sometimes          Often          Always

Score 1          2          3          4          5

2. Do you feel that you have a “normal” body according to mainstream depictions?

Never          Rarely          Sometimes          Often          Always

Score 1          2          3          4          5

3. Are you happy with your current size?

Yes          No

Score 1          0

4. Do you feel that women’s magazines portray a realistic body image for women?

Never          Rarely          Sometimes          Often          Always

Score 5          4          3          2          1

5. Do you feel that TV programs portray a realistic body image for women?

Never          Rarely          Sometimes          Often          Always

Score 5          4          3          2          1

6. When shopping, have you ever felt frustration at being unable to find clothes that fit?

Never          Rarely          Sometimes          Often          Always

Score 5          4          3          2          1

7. Have you ever bought clothes that are too small in the hope that you will lose weight and then they will fit?

Never          Rarely          Sometimes          Often          Always

Score 1          2          3          4          5

8. Do you have any clothes in your wardrobe that do not fit but you keep because plan to “diet into them”?

Yes          No

Score 0          1

9. Do you count calories?

Never          Rarely          Sometimes          Often          Always

Score 5          4          3          2          1

10. Do you discuss dieting with your family/friends?

Never          Rarely          Sometimes          Often          Always

Score 5          4          3          2          1

11. Do you consciously buy “diet” foods?

Never          Rarely          Sometimes          Often          Always

Score 5          4          3          2          1

## Body Image Survey Scoring Instrument (Cont'd)

12. Have you ever dieted?

Yes No

Score 0 1

13. Have you ever dieted to lose weight?

Yes No

Score 0 1

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### Scoring:

Sum the scores for each question. A higher score suggest better body image and a low score indicates a negative body image.