

Body Appreciation Scale

Name: _____ Date: _____ dd / mm / yyyy

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

1. I respect my body.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I feel good about my body.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. On the whole, I am satisfied with my body.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. Despite its flaws, I accept my body for what it is.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. I feel that my body has at least some good qualities.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. I take a positive attitude toward my body.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. I am attentive to my body's needs.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. My self-worth is independent of my body shape or weight.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

9. I do not focus a lot of energy being concerned with my body shape or weight.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. My feelings toward my body are positive, for the most part.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

11. I engage in healthy behaviors to take care of my body.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

12. I do not allow unrealistically thin images of women presented in the media to affect my attitudes toward my body.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

13. Despite its imperfections, I still like my body.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

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.