

Objectified Body Consciousness Scale

Name: _____ Date: _____ dd / mm / yyyy

The Objectified Body Consciousness Scale (OBC) is a 24-item measure that assesses how individuals, especially women, perceive their bodies in relation to societal standards. It includes three subscales: Surveillance – Viewing the body as an outsider. Body shame – Feeling inadequate when the body doesn't meet expectations. Appearance control beliefs – The belief that one can control their appearance. The scale examines how these attitudes affect body image and self-perception. Please indicate your level of agreement with the following statements regarding your body perception.

SURVEILLANCE SCALE

1. I rarely think about how I look.*

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

2. I think it is more important that my clothes are comfortable than whether they look good on me.*

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

3. I think more about how my body feels than how my body looks.*

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

4. I rarely compare how I look with how other people look.*

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

5. During the day, I think about how I look many times.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

6. I often worry about whether the clothes I am wearing make me look good.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

7. I rarely worry about how I look to other people.*

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

8. I am more concerned with what my body can do than how it looks.*

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

Score for surveillance scale: _____

BODY SHAME SCALE

9. When I can't control my weight, I feel like something must be wrong with me.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

10. I feel ashamed of myself when I haven't made the effort to look my best.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

11. I feel like I must be a bad person when I don't look as good as I could.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

12. I would be ashamed for people to know what I really weigh.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

13. I never worry that something is wrong with me when I am not exercising as much as I should.*

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

14. When I'm not exercising enough, I question whether I am a good enough person.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

15. Even when I can't control my weight, I think I'm an okay person.*

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

16. When I'm not the size I think I should be, I feel ashamed.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

Score for body shame scale: _____

CONTROL SCALE

17. I think a person is pretty much stuck with the looks they are born with.*

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

18. A large part of being in shape is having that kind of body in the first place.*

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

19. I think a person can look pretty much how they want to if they are willing to work at it.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

20. I really don't think I have much control over how my body looks.*

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

21. I think a person's weight is mostly determined by the genes they are born with.*

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

22. It doesn't matter how hard I try to change my weight, it's probably always going to be about the same.*

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

23. I can weigh what I'm supposed to when I try hard enough.

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

24. The shape you are in depends mostly on your genes.*

☐ ☐ ☐ ☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Somewhat disagree 4 - Neither 5 - Somewhat agree 6 - Agree 7 - Strongly agree

Score for control scale: _____ Total score: _____

*Items are reverse scored - for these items, responses where 1 typically represents "strongly disagree" and 7 represents "strongly agree" - should be reversed. For example, if a client selects "strongly agree" for a reverse-scored item, it should be converted to one, and "agree" which would be a 6 becomes a 2, and so on, before summing the responses for that subscale.

Scoring and interpretation: The sum of each subscale is calculated as well as the total instrument score. Higher scores represent a higher endorsement of each of the constructs.

Reference: McKinley, N. M., & Hyde, J. S. (1996). The objectified body consciousness scale: Development and validation. *Psychology of Women Quarterly*, 20(2), 181-215. <https://doi.org/10.1111/j.1471-6402.1996.tb00467.x>