**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

---

**Administrative use only:**

Score __________________________

Scorer Name ___________________________________________

Program Name _________________________________________

Youth entrance into program date _________________________

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# 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

<table>
<thead>
<tr>
<th>Score</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
</table>

2. Do you feel that you have a “normal” body according to mainstream depictions?
   - Never
   - Rarely
   - Sometimes
   - Often
   - Always

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<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
</table>

3. Are you happy with your current size?
   - Yes
   - No

<table>
<thead>
<tr>
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4. Do you feel that women’s magazines portray a realistic body image for women?
   - Never
   - Rarely
   - Sometimes
   - Often
   - Always

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<tr>
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<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
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</table>

5. Do you feel that TV programs portray a realistic body image for women?
   - Never
   - Rarely
   - Sometimes
   - Often
   - Always

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10. Do you discuss dieting with your family/friends?
    - Never
    - Rarely
    - Sometimes
    - Often
    - Always

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11. Do you consciously buy “diet” foods?
    - Never
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    - Sometimes
    - Often
    - Always

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Body Image Survey Scoring Instrument (Cont’d)

12. Have you ever dieted?

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<th>Score</th>
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<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>No</td>
<td>1</td>
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</tbody>
</table>

13. Have you ever dieted to lose weight?

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<th>Score</th>
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</thead>
<tbody>
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<td>Yes</td>
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</tr>
<tr>
<td>No</td>
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</tr>
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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.