
Body-Dysmorphia

This instrument is composed of twenty statements concerning feelings about your self-image. Please indicate the degree to which each statement applies to you by marking whether you:

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- _____ 1. I often avoid having all or part of my body seen by others.
- _____ 2. I often don't leave the house for fear that people will see my body.
- _____ 3. I have often missed appointments because people will see my body.
- _____ 4. My sex life has not been affected by concerns related to my physical appearance.
- _____ 5. I have avoided being seen by others because of my concerns related to my physical appearance.
- _____ 6. I often wear multiple layers of clothing in hopes that it will make me look more muscular.
- _____ 7. I compare my muscularity with other people of my sex.
- _____ 8. I am envious of people who are more muscular than me.
- _____ 9. I do not worry that my body isn't sufficiently lean or muscular.
- _____ 10. I am comfortable showing my body in public situations.
- _____ 11. I often eat alone because I don't want people to know how much or how little I am eating.
- _____ 12. My self-esteem is not influenced by my weight.
- _____ 13. I have had a friend or doctor tell me that they are concerned because they thought I was losing too much weight.
- _____ 14. I would use drugs (legal or illegal) to control my weight.
- _____ 15. I tend to eat much less than the average person.
- _____ 16. I worry a lot about how I look.
- _____ 17. I am generally not self-conscious of how I look when I am around others.
- _____ 18. I know all of my body's imperfections.
- _____ 19. I often feel people are looking or talking about me because of how I look.
- _____ 20. When people tell me that I look good, I generally think they are lying.

SCORING: To compute your scores follow the instructions below:

1. Scoring for the "Avoidance of Life" Factor:
 - Step One: Add scores for items 1, 2, 3, & 5.
 - Step Two: Add scores for items 4
 - Step Three: Add 6 to Step 1.
 - Step Four: Subtract the score for Step two from the score for Step Three.

2. Scoring for the "Muscle Dysmorphia" Factor:
 - Step One: Add scores for items 6, 7, & 8.
 - Step Two: Add scores for items 9 & 10
 - Step Three: Add 12 to Step 1.

Step Four: Subtract the score for Step two from the score for Step Three.

3. Scoring for the “Eating Disorder” Factor:

Step One: Add scores for items 11, 13, 14, & 15.

Step Two: Add scores for items 12

Step Three: Add 6 to Step 1.

Step Four: Subtract the score for Step two from the score for Step Three.

4. Scoring for the “Pathological Self Consciousness” Factor:

Step One: Add scores for items 16, 18, 19, & 20.

Step Two: Add scores for items 17

Step Three: Add 6 to Step 1.

Step Four: Subtract the score for Step two from the score for Step Three.

To obtain your over all Body Dysmorphia score, add your sub-scores from each of the four factors above:

Scores for each of the four factors should be between 5 & 25. Scores of 19 and above indicate high scores on each of the factors; Scores of 11 and below indicate low scores on each of the factors; and Scores between 12 and 19 indicate moderate self-efficacy levels.

Scores for the overall body dysmorphia scale should be between 20 and 100. Scores of 80 and above indicate high levels of body dysmorphia; Scores of 25 and below indicate low levels of body dysmorphia; and Scores between 26 and 79 indicate moderate levels of body dysmorphia.

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