

The Body Parts Dissatisfaction Scale (BPDS) (for use with adolescent girls)

We developed the Body Parts Dissatisfaction Scale (BPDS) to assess bodily discontent in a manner that we believed might be more sensitive to middle-school girls' experiences of their bodies. In particular, we sought use of a measure that lists body parts in concrete terms but does not prompt responses along a satisfaction–dissatisfaction continuum, as is common among measures of this type. We reasoned that girls of this age may not see themselves (yet) as part of the body dissatisfied norm and we hoped to avoid invoking response bias toward endorsing dissatisfaction (if, perhaps, it might seem more womanly or “grown-up” to convey such dissatisfaction).

The BPDS was constructed such that it lists 7 body parts and asks whether there is a desire to change any part. The respondent is instructed to place a check mark next to any and all body parts she would like to change, and then to indicate via a checkmark whether she wishes the part were smaller or bigger. Any item not checked indicates that the respondent does not wish for it to be smaller or bigger, presumably conveying contentment with that body part.

In this way, the BPDS comprises three subscales: (a) parts wished were smaller, (b) parts wished were bigger, and (c) parts with which content. In terms of scoring, the first step is to examine any responses provided under “other” to determine whether they are equivalent to a body part provided in the list. For example, if a girl writes “tummy” in response to “other,” it should be re-categorized as a response to the body part, stomach. If the body part written in response to “other” is not consistent with any listed part (e.g., “eyelashes”), it is not re-categorized. Responses remaining in the “other” category can then be considered miscellaneous and not further analyzed. Information written in response to the prompt, “Why?” can be helpful in helping the researcher understand the girl's thinking and may help re-categorize responses under “other.”

For each subscale, a frequency score can be calculated by summing the number of parts that respondents wished were smaller, bigger, or not endorsed. For example, a girl who chose “smaller” for each body part would have a score of seven for “number of parts wished were smaller” and scores of zero for “number of parts wished were bigger” and “number of parts with which content.” A girl who did not check any parts would have scores of zero for “number of parts wished were smaller” and “number of parts wished were bigger” and a score of seven for “number of parts with which content.” Most of the respondents will indicate a mix of responses indicating a wish for some parts to be smaller and some to be bigger, and contentment with other parts.

You are welcome to use this measure without seeking further permission. Psychometric information about this measure is in the article. The citation is:

[Corning, A. F., Gondoli, D. M., Bucchianeri, M. M., & Blodgett-Salafia, E. H. \(2010\). Preventing the development of body issues in adolescent girls through intervention with their mothers. *Body Image*, 7, 289–295.](#)

BPDS

Is there anything you would like to change about your body? If so, please put a checkmark to indicate the part(s) of your body you would like to change, whether you wish they were bigger or smaller, and why you think you might like this change.

	Bigger	Smaller	Why?
___ Hips	___	___	_____
___ Buttocks	___	___	_____
___ Chest	___	___	_____
___ Legs	___	___	_____
___ Thighs	___	___	_____
___ Stomach	___	___	_____
___ Waist	___	___	_____
___ Other	_____		
	(What would you change? What kind of change would you like? Why?)		