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Social Physique Anxiety Scale

(Hart, Leary, & Rejeski, 1989)

The following questionnaire contains statements concerning your body physique or figure. By physique or figure we mean your body's form and structure; specifically, body fat, muscular tone, and general body proportions.

Instructions: Read each item carefully and indicate how characteristic it is of you according to the following scale.

_____ 1 = Not at all characteristic of me

_____ 2 = Slightly characteristic of me

_____ 3 = Moderately characteristic of me

_____ 4 = Very characteristic of me

_____ 5 = Extremely characteristic of me

- _____ 1. I am comfortable with the appearance of my physique or figure.
- _____ 2. I would never worry about wearing clothes that might make me look too thin or overweight.
- _____ 3. I wish I wasn't so up-tight about my physique or figure.
- _____ 4. There are times when I am bothered by thoughts that other people are evaluating my weight or muscular development negatively.
- _____ 5. When I look in the mirror I feel good about my physique or figure.
- _____ 6. Unattractive features of my physique or figure make me nervous in certain social settings.
- _____ 7. In the presence of others, I feel apprehensive about my physique or figure.
- _____ 8. I am comfortable with how fit my body appears to others.
- _____ 9. It would make me uncomfortable to know others were evaluating my physique or figure.
- _____ 10. When it comes to displaying my physique or figure to others, I am a shy person.
- _____ 11. I usually feel relaxed when it's obvious that others are looking at my physique or figure.

_____ 12. When in a bathing suit, I often feel nervous about how well proportioned my body is.

