

Instrument Title: Drive for Muscularity Scale (DMS)
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The Drive for Muscularity Scale

Please read each item carefully then, for each one, circle the number that best applies to you.

	1	2	3	4	5	6
	Always	Very Often	Often	Sometimes	Rarely	Never
1. I wish that I were more muscular.	1	2	3	4	5	6
2. I lift weights to build up muscle.	1	2	3	4	5	6
3. I use protein or energy supplements.	1	2	3	4	5	6
4. I drink weight gain or protein shakes.	1	2	3	4	5	6
5. I try to consume as many calories as I can in a day.	1	2	3	4	5	6
6. I feel guilty if I miss a weight training session.	1	2	3	4	5	6
7. I think I would feel more confident if I had more muscle mass.	1	2	3	4	5	6
8. Other people think I work out with weights too often.	1	2	3	4	5	6
9. I think that I would look better if I gained 10 pounds in bulk.	1	2	3	4	5	6
10. I think about taking anabolic steroids.	1	2	3	4	5	6
11. I think that I would feel stronger if I gained a little more muscle mass.	1	2	3	4	5	6
12. I think that my weight training schedule interferes with other aspects of my life.	1	2	3	4	5	6
13. I think that my arms are not muscular enough.	1	2	3	4	5	6
14. I think that my chest is not muscular enough.	1	2	3	4	5	6
15. I think that my legs are not muscular enough.	1	2	3	4	5	6

Source: McCreary, D.R., & Sasse, D.K. (2000). An exploration of the drive for muscularity in adolescent boys and girls. *Journal of American College Health, 48*, 297-304.

Note: If you use this scale, please forward any scientific papers resulting from your research to Dr. Don McCreary