

Body Consciousness Questionnaire

Scoring

All items are unit weighted. There are three subscales. Simply add up subjects' scores for each item on each separate scale and form three subscale composites.

<u>Subscale</u>	<u>Items</u>
Private Body	3, 4, 5 ,8, 12
Public Body	1,7, 10,11, 13, 15
Body Competence	2,6,9,14

Use the 0 to 4 scaling as indicated on the next page in order to directly compare sample means with the means reported in Miller, Murphy, and Buss (1981).

Best,

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BCQ Instructions

Answer the following questions about yourself by circling the number that indicates how characteristic each statement is of you, using the following scale.

- (0) extremely uncharacteristic
- (1) uncharacteristic
- (2) neutral
- (3) characteristic
- (4) extremely characteristic

1. When with others, I want my hands to be clean and look nice.

0 1 2 3 4

2. For my size, I'm pretty strong.

0 1 2 3 4

3. I am sensitive to internal bodily tensions.

0 1 2 3 4

4. I know immediately when my mouth or throat gets dry.

0 1 2 3 4

5. I can often feel my heart beating.

0 1 2 3 4

6. I'm light on my feet compared to most people.

0 1 2 3 4

7. It's important for me that my skin looks nice...for example, has no blemishes.

0 1 2 3 4

8. I am quick to sense the hunger contractions of my stomach.

0 1 2 3 4

9. I'm capable of moving quickly.

0 1 2 3 4

10. I am very aware of my best and worst facial features.

0 1 2 3 4

11. I like to make sure that my hair looks right.

0 1 2 3 4

12. I'm very aware of changes in my body temperature.

0 1 2 3 4

13. I think a lot about my body build.

0 1 2 3 4

14. I'm better coordinated than most people.

0 1 2 3 4

15. I'm concerned about my posture.

0 1 2 3 4