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.

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

$\underline{I} = Not at all characteristic of me$
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.

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