

The Body Esteem Scale-Revised (Frost, Franzoi, Oswald, & Shields, 2017)
Note: The BES-R is a revision of the original Body Esteem Scale (Franzoi & Shields, 1984)

Instructions: Below are listed a number of body parts and functions. Please read each item and indicate how you feel about this part or function of your own body, using the following scale:

- 1 = Have strong negative feelings
- 2 = Have moderate negative feelings
- 3 = Have no feeling one way or the other
- 4 = Have moderate positive feelings
- 5 = Have strong positive feelings

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| 1. body scent | 11. skin condition | 21. appearance of eyes |
| 2. head hair | 12. biceps | 22. face |
| 3. hips | 13. weight | 23. physical condition |
| 4. physical stamina | 14. body build | 24. legs |
| 5. reflexes | 15. figure/physique | 25. sex drive |
| 6. arms | 16. buttocks | 26. appearance of stomach |
| 7. muscular strength | 17. agility | 27. sex organs |
| 8. waist | 18. health | 28. physical coordination |
| 9. energy level | 19. sex activities | |
| 10. thighs | 20. chest or breasts | |

Note. As with the original Body Esteem Scale (Franzoi & Shields, 1987), the most recent series of factor analyses indicates that body esteem is still best understood as multidimensional and gender specific, with three different factors emerging for women and men. What this means is that (1) women's and men's body esteem cannot be compared because the construct itself has a different meaning for them, and (2) the way that both women and men evaluate their bodies is not "as a whole" but in terms of three distinct, though interrelated dimensions. As with the original BES, each of the dimensions for women and men on the BES-R is represented by subscale scores that are calculated by summing responses for the items corresponding to each subscale, as described below.

Women

Sexual attractiveness: body scent, buttocks, chest or breasts, appearance of eyes, sex drive, sex activities, face, head hair, skin condition (Mean = 32.7, SD = 5.2)

Weight concern: waist, thighs, body build, hips, legs, figure or physique, appearance of stomach, weight (Mean = 23.3, SD = 7.0)

Physical condition: physical stamina, muscular strength, energy level, physical coordination, health, physical condition (Mean = 20.6, SD = 4.7)

Men

Sexual attractiveness: body scent, appearance of eyes, sex drive, sex organs, sex activities, face, head hair, skin condition (Mean = 28.8, SD = 5.0)

Upper body strength: muscular strength, biceps, body build, arms, chest or breasts (Mean = 16.6, SD = 4.5)

Physical condition: physical stamina, reflexes, energy level, physical coordination, agility, figure or physique, appearance of stomach, health, physical condition, weight (Mean = 35.5, SD = 7.8)

References

Frost, K. A., Franzoi, S. L., Oswald, D. L., & Shields, S. A. (2017). Revising the Body Esteem Scale with a U.S. college student sample: Evaluation, validation, and uses for the BES-R. *Sex Roles*.