

Body Image Assessment

– State of the Art DKPM 2005 –

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Introduction

- Increasing interest over the last two decades (Pruzinsky & Cash, 2002)
- Wide array of measures: > 40 instruments (Thompson, 1992); > 50 instruments (Thompson, 2004)

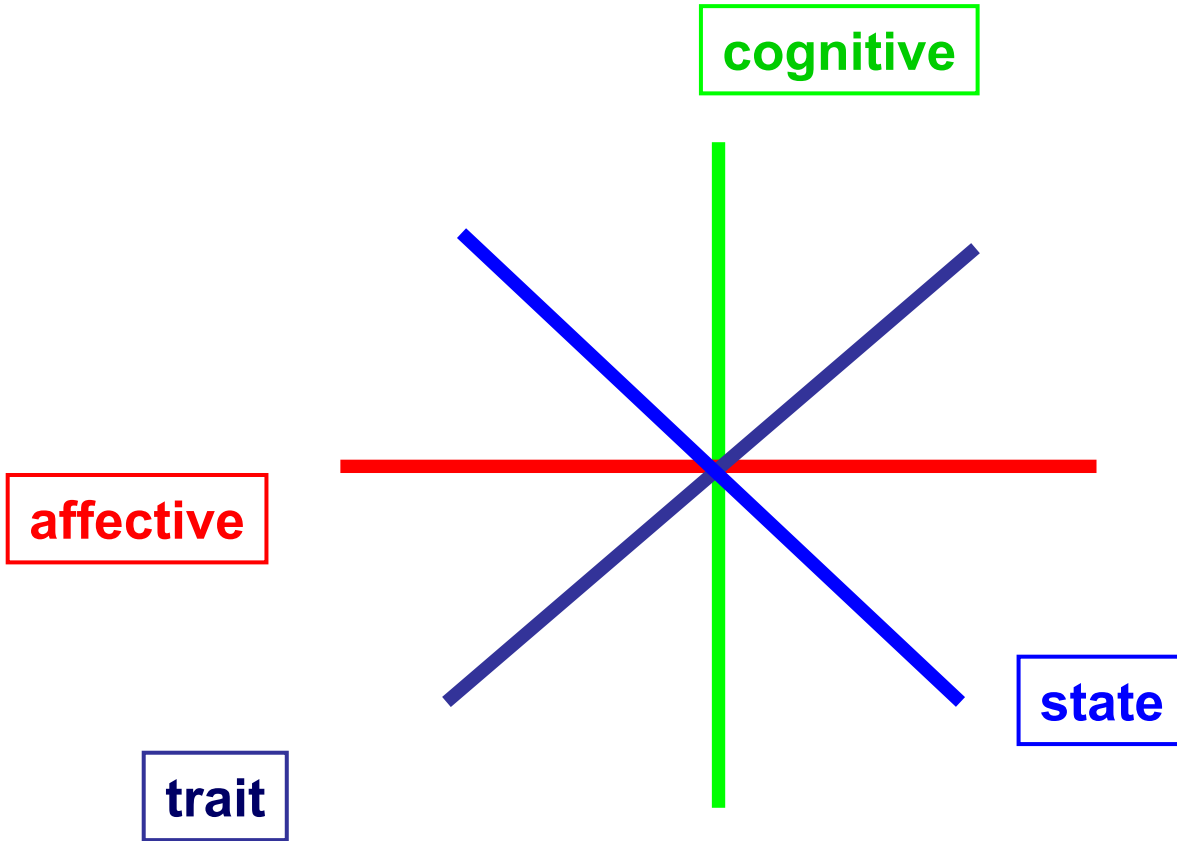
Overview

- Key question: Dimensionality of the construct
- Determining components based on an item-based analysis

Definition

- „the picture of our own body which we form in our own mind“ (Schilder, 1935 / 1950, p. 11)
- not one entity (Fisher, 1990), multidimensional but elusive (Cash, 1990)
- body image is body images (Cash & Pruzinsky, 1990, p. xi)
- Body image „encompasses one’s body-related self-perceptions and self-attitudes, including thoughts, beliefs, feelings, and behaviors“ (Cash, 2004, p. 1)

Dimensionality



Types of assessment

- a. perceptual measures: accuracy of size perception
- b. subjective indices: attitudinal, affective, or cognitive components of body image or body image disturbance
- c. behavioral avoidance of situations that produce body dysphoria

(Thompson, 1996)

affective

- evaluation
- satisfaction

the extent of liking and satisfaction

cognitive

- investment
- orientation
 - importance of appearance
 - attention to appearance
 - thoughts and behaviors centered on appearance

affec ti ve

- evaluation

BSRQ: Appearance
Evaluation (7 items)

- “I like the way I look without my clothes”
- “My body is sexually appealing”

cogni ti ve

- orientation

BSRQ: Appearance
Orientation (12 items)

- “It is important that I always look good”
- “I check my appearance in a mirror whenever I can”

affective

cognitive

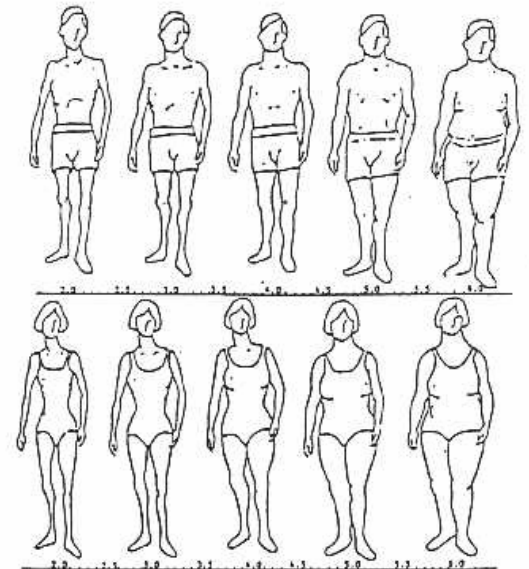
Type of instruction influences resulting ratings:
differences between affective and cognitive instructions
for perceptual ratings

“How large do you feel?”

“How large do you think you look?”



higher ratings



trait

state

- Stable, cross-situational
- Fluid, context-specific

situational (contextual) events
activate schematic processing
of appearance-related
information (Cash, 1994)

Body Image State Measures

- Situational Inventory of Body Image Dysphoria (SIBID, Cash, 1994)
Frequency of negative body image emotions in 48 situations (e.g. eating, grooming, body exposure)
- Body Exposure during Sexual Activities Questionnaire (BESAQ)
body self-consciousness and avoidance of body exposure in sexual situations → predicts sexual functioning better than trait-like body image measures
- Physical Appearance State and Trait Anxiety Scales (PASTAS, Reed et al. 1991)
Anxiety about 16 body parts (feet, wrists, hips, weight, ...)

Dimensionality

- Factor analytic studies did not confirm these dimensions as independent components of the construct of body image
- Joint factor analyses of different body image scales
 - Williamson, Barker, Bertman & Gleaves, 1992
 - Thompson, Altabe, Johnson & Stormer, 1994

- Thompson, Altabe, Johnson & Stormer, 1994
- 6 instruments / scales
 - MSRQ Appearance Evaluation
 - MSRQ Appearance Orientation
 - Physical Appearance State and Trait Anxiety Scale
 - Body Image Automatic Thoughts Questionnaire: Positive Statements
 - Body Image Avoidance Questionnaire
 - Figure Rating Scale: Feel-Ideal Discrepancy
 - Eating Disorder Inventory: Body Dissatisfaction scale
- One factor solution

Dimensionality

- Similar results: Williamson, Barker, Bertman & Gleaves (1992): common analysis of
 - MSRQ Appearance Orientation
 - Body Image Automatic Thoughts Questionnaire
 - Body Shape Questionnaire
- One factor solution

ii Dimensionality: an item-based analysis

Instruments

- **Frankfurt Body Concept Scales**

Frankfurter Körper Konzept Skalen (FKKS, Deusinger, 1998)

- **Body Appraisal Inventory**

Fragebogen zur Bewertung des eigenen Körpers (FBeK, Strauß & Richter-Appelt, 1996)

- **Body Image Inventory**

Fragebogen zum Körperbild (FKB-20, Clement & Löwe, 1994)

Frankfurt Body Concept Scales (FKKS, Deusinger, 1998)

1. Health

(6 Items, „I feel healthy“)

2. Grooming and taking care of functioning

(8 Items, „I take care to eat healthy food“)

3. Physical efficacy

(10 Items, „I am strong“)

4. Body contact

(6 Items, „I avoid every type of physical contact“)

5. Sexuality

(6 Items, „I worry about sexual things“)

Frankfurt Body Concept Scales (FKKS, Deusinger, 1998)

6. Self acceptance of one's body

(6 Items, „I have more physical deficits than others“)

7. Acceptance of one's body by others

(4 Items, „Other people usually do not find me attractive“)

8. Physical appearance

(14 Items, „I dislike my hair color“)

9. Dissimilating body processes

(4 Items, „My body odour is XX“)

Body Appraisal Inventory

(FBeK, Strauss & Richter-Appelt, 1996)

4 Scales

1. Insecurity / Worrying

(13 Items, „My body often acts unpredictable“)

2. Concern with physical appearance

(12 Items, „I often look at myself in the mirror“)

3. Attractiveness / Self-confidence

(15 Items, „I am satisfied with my looks“)

4. Negative Feelings about physical-sexual functioning

(6 Items, „I am satisfied with my sexual experiences“)

Body Image Inventory

(FKB-20, Clement & Löwe, 1994)

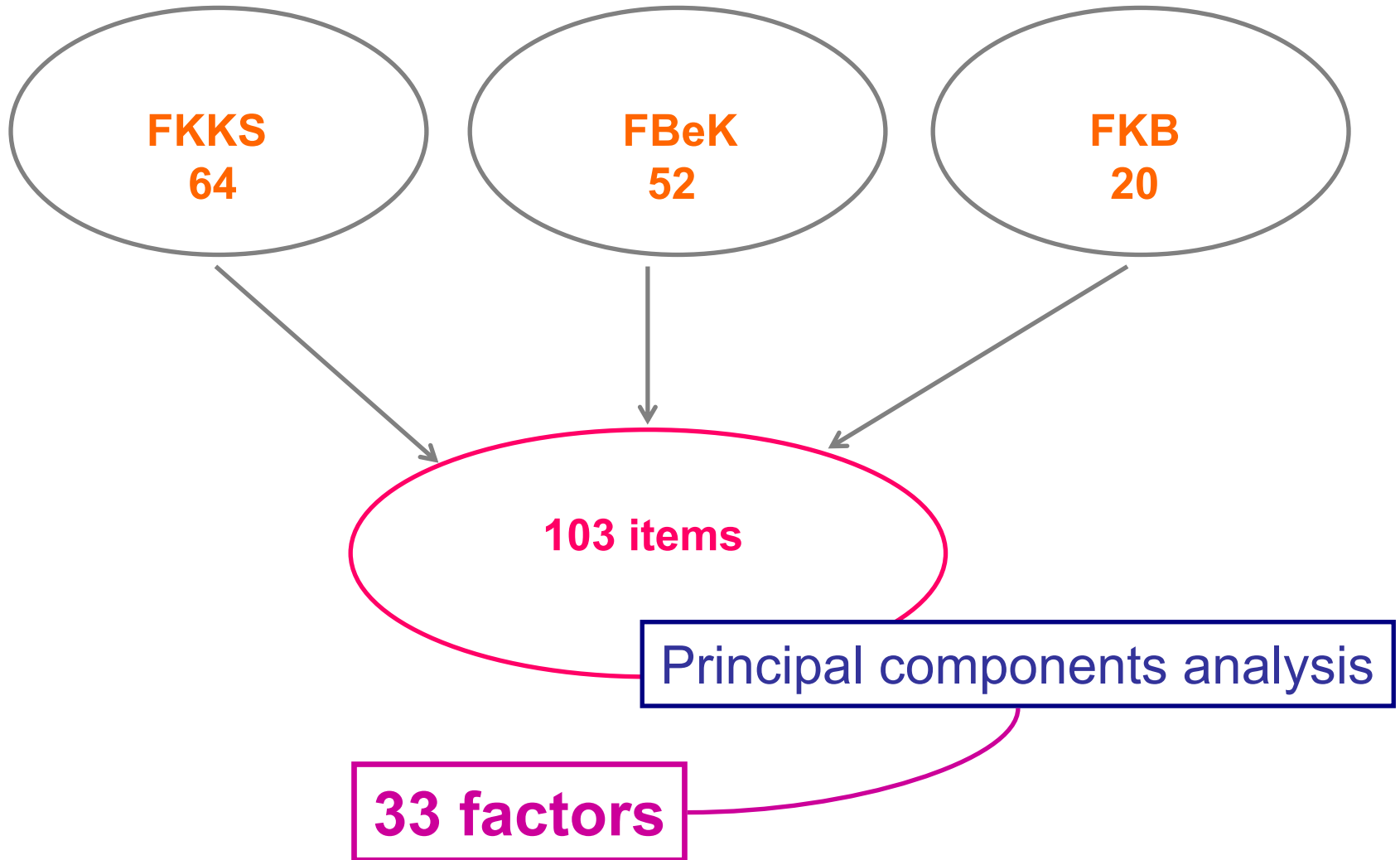
1. Negative body appraisal (AKB)

(10 Items, „I find my body frequently bothersome“)

2. Vitality and body-dynamic (VKD)

(10 Items, „I have confidence in my physical abilities“)

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Criteria for item selection

- **Unambiguity:** factor loadings $a > .50$
- **Information:** low redundancy in content
- **Level of specificity:** homogenous item phrasing (whole body vs. hands or ears)
- **Reliability:** 4 items per factor and internal consistency $a > .70$

7 factor solution

1. **Attractiveness** „I am attractive“
2. **Vitality** „I feel physically fit“
3. **Sexuality** „I wish my sexual experiences were more intense“
4. **Body contact** „I enjoy getting hugged“
5. **Awkwardness** „I often do not know what to do with my hands“
6. **Eroticism** „I spend time on my erotic phantasies“
7. **Appearance & Well-being** „How I look determines how I feel“

7 factor solution

$.04 < r < .51$; $M_r = .27$

	Items	α
1. Attractiveness	14	.94
2. Vitality	10	.92
3. Sexuality	6	.87
4. Body contact	4	.83
5. Awkwardness	4	.75
6. Eroticism	4	.74
7. Appearance & Well-being	4	.70

Concl usi on

- Dimensional analyses based on scales of several instruments result in one or two common factors
- Item based analyses give the impression that there is very little overlap between even three instruments
- Attractiveness and vitality as common dimensions in all three questionnaires
- Selection criteria as guideline for the phrasing of new items?