

BODY APPRECIATION SCALE (BAS)

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Directions for participants: For each item, please circle the number that best characterizes your attitudes or behaviors.

	1 never	2 seldom	3 sometimes	4 often	5 always
1 I respect my body.	1	2	3	4	5
2 I feel good about my body.	1	2	3	4	5
3 On the whole, I am satisfied with my body.	1	2	3	4	5
4 Despite its flaws, I accept my body for what it is.	1	2	3	4	5
5 I feel that my body has at least some good qualities.	1	2	3	4	5
6 I take a positive attitude toward my body.	1	2	3	4	5
7 I am attentive to my body's needs.	1	2	3	4	5
8 My self-worth is independent of my body shape or weight.	1	2	3	4	5
9 I do not focus a lot of energy being concerned with my body shape or weight.	1	2	3	4	5
10 My feelings toward my body are positive, for the most part.	1	2	3	4	5
11 I engage in healthy behaviors to take care of my body.	1	2	3	4	5
12 I do not allow unrealistically thin images of women presented in the media to affect my attitudes toward my body.	1	2	3	4	5
13 Despite its imperfections, I still like my body.	1	2	3	4	5