The Body Trust Scale

Instructions: The questions below correspond to different attitudes, feelings, or behaviors that you may have towards your body and its sensations. Please indicate how much you agree with each statement below.

Note: Items are scored on a 7-point scale from 1 = Strongly Disagree to 7 = Strongly Agree, with 4 = Neither Agree nor Disagree. * indicates that an item is reverse coded.

1. My body is trustworthy.
2. My body supports me.
3. My body functions as I want it to.
4. My body is reliable.
5. I can count on my body in daily life.
6*. My body doesn’t fit in with what society considers attractive.
7*. I personally don’t consider my body attractive.
8*. The size and shape of my body is uncomfortable to me.
9*. Physical sensations in my body make me nervous/uncomfortable.
10*. Physical sensations in my body make me think that something is wrong.
11*. I have a difficult time enjoying myself when I notice physical sensations in my body.

Yellow indicates that this item loads onto the Comfort with one’s body factor. Green indicates that this item loads onto the Physical attractiveness factor. Blue indicates that this item loads onto the Discomfort with internal sensations factor.