Learning to Like Our Looks and Ourselves

A PRACTICAL GUIDE FOR WOMEN

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"An insightful guide.... Any woman who has ever looked in the mirror and sighed should find it helpful."
—Mary Ellen Donovan, coauthor of Women and Self-esteem
APPENDIX: THE BODYLOVE SURVEY

Note: Figures are percentages of the responses of the group. The total does not equal 100% for some questions because of multiple choices or missing data.

1. Age _________

2. Sex M _________ F _________

3. In which state do you live? _________

4. Highest level of education completed:
   a. LESS THAN HIGH SCHOOL (1)
   b. HIGH SCHOOL GRADUATE (9)
   c. SOME COLLEGE (29)
   d. COLLEGE GRADUATE (25)
   e. SOME GRADUATE WORK (12)
   f. GRADUATE DEGREE (26)

5. Marital status:
   a. NEVER MARRIED (37)
   b. FIRST MARRIAGE (34)
   c. DIVORCED (12)
   d. SEPARATED (2)
   e. REMARRIED (11)
   f. COHABITING (2)
   g. WIDOWED (4)

6. How many children do you have? _________

7. How do you spend most of your time?
   a. AS A HOMEMAKER AND/OR MOTHER (15)
   b. AS A STUDENT (19)
   c. WORKING FULL TIME OR PART TIME (54)
   d. OTHER _________

8. Describe your economic level:
   a. QUITE POOR (0)
   b. GETTING BY (11)
   c. SOMewhat SECURE (43)
   d. FAIRLY PROSPEROUS (35)
   e. AFFLUENT (11)
9. Are you self-conscious about your appearance?
   a. CONSTANTLY (21)
   b. OFTEN (23)
   c. SOMETIME (40)
   d. RARELY (14)
   e. NEVER (2)

10. During the course of the day, how often do you check yourself in a mirror?
    a. CONSTANTLY (2)
    b. OFTEN (20)
    c. SOMETIME (53)
    d. RARELY (25)
    e. NEVER (2)

11. When you do check yourself, how does it make you feel?
    a. MUCH BETTER (9)
    b. SLIGHTLY BETTER (33)
    c. NO CHANGE (43)
    d. SLIGHTLY WORSE (12)
    e. MUCH WORSE (3)

12. Is physical attractiveness important in the daily lives of most people?
    a. VERY IMPORTANT (39)
    b. SOMewhat IMPORTANT (56)
    c. NOT SURE (3)
    d. UNIMPORTANT (11)
    e. VERY UNIMPORTANT (1)

13. Do you agree that "good-looking people are usually happier and more successful than less attractive people?"
    a. STRONGLy AGREE (11)
    b. AGREE (37)
    c. NOT SURE (16)
    d. DISAGREE (33)
    e. STRONGLy DISAGREE (4)

14. How do you feel when someone compliments you about your appearance?
    a. VERY DELIGHTED (46)
    b. SOMewhat PLEASED (44)
    c. MIXED FEELINGS (5)
    d. SELF-CONSCIOUS (5)
    e. VERY UNCOMFORTABLE (2)

15. What were your mother's attitudes toward your appearance when you were growing up?
    a. VERY POSITIVE AND ACCEPTING (33)
    b. GENERALLY POSITIVE (37)
    c. MIXED (13)
    d. GENERALLY NEGATIVE AND CRITICAL (8)
    e. VERY NEGATIVE (3)
    f. I DON'T KNOW (6)
16. What were your father's attitudes toward your appearance while you were growing up?
   a. VERY POSITIVE AND ACCEPTING (26)
   b. GENERALLY POSITIVE (38)
   c. MIXED (13)
   d. GENERALLY NEGATIVE AND CRITICAL (5)
   e. VERY NEGATIVE (3)
   f. I DON'T KNOW (15)

17. Are you physically disabled or disfigured?
    ________ No ________ Yes
    If yes, please describe ________

18. If you could change one thing about your body, what would it be? ________

19. When you take a long look at your nude body in a full-length mirror, how do you feel?
   a. PROUD (8)
   b. CONTENT (30)
   c. MIXED FEELINGS (47)
   d. ANXIOUS OR DEPRESSED (14)
   e. REPULSED (2)

20. Are you satisfied with your current weight?
   a. VERY SATISFIED (18)
   b. SOMEWAT SATISFIED (32)
   c. SOMewhat DISSATISFIED (33)
   d. VERY DISSATISFIED (19)

21. How often do you weigh yourself?
   a. RARELY (28)
   b. ONCE A MONTH (21)
   c. ONCE A WEEK (20)
   d. EVERY FEW DAYS (15)
   e. ONCE A DAY (15)
   f. TWICE A DAY OR MORE (2). IF MORE, HOW OFTEN? ________

22. At the present time, are you dieting in order to lose weight?
    Yes (28) No (72)

23. During the past ten years, have you used any of the following methods to control your weight?
    1 = often  2 = sometimes  3 = rarely  4 = never
    ________ MODERATE CALORIE RESTRICTION
    ________ CRASH DIETING
    ________ INTENSE EXERCISING
    ________ FASTING/STARVING
    ________ DIET PILLS
    ________ LAXATIVES
    ________ DIURETICS (WATER PILLS)
    ________ VOMITING
    ________ OTHER MEDICATIONS
    ________ LIQUID-FORMULA PROTEIN DIETS
    ________ WEIGHT-WATCHING CLUBS
    ________ DIET SPAS
24. Do you believe that your current weight is:
   a. MORE THAN 15 POUNDS UNDERWEIGHT (3)
   b. 3–10 POUNDS UNDERWEIGHT (3)
   c. JUST RIGHT (17)
   d. 1–5 POUNDS OVERWEIGHT (17)
   e. 5–10 POUNDS OVERWEIGHT (23)
   f. 10–20 POUNDS OVERWEIGHT (22)
   g. 20–50 POUNDS OVERWEIGHT (11)
   h. MORE THAN 50 POUNDS OVERWEIGHT (5)

25. What do you think your weight will be five years from now?
   a. MUCH LESS [20 OR MORE POUNDS] (11)
   b. SLIGHTLY LESS [5–10 POUNDS] (23)
   c. THE SAME (52)
   d. SLIGHTLY MORE [5–10 POUNDS] (13)
   e. SOMewhat MORE [10–20 POUNDS] (1)
   f. MUCH MORE [OVER 30 POUNDS] (1)

26. How do your current feelings about your body compare with your feelings five years ago?
   a. MUCH BETTER (16)
   b. SOMewhat BETTER (19)
   c. THE SAME (42)
   d. SOMewhat WORSE (23)
   e. MUCH WORSE (1)

27. What do you think your feelings about your body will be five years from now?
   a. MUCH BETTER (13)
   b. SOMewhat BETTER (23)
   c. THE SAME (55)
   d. SOMewhat WORSE (8)
   e. MUCH WORSE (1)

28. At what age do most women reach their peak of physical attractiveness? ________ (33 was average age selected)

29. At what age do most women feel best about their bodies? ________ (27 was average age selected)

30. When you were growing up, did classmates ever make fun of you because of your appearance?
   a. FREQUENTLY (9)
   b. SOMETIMES (30)
   c. RARELY (25)
   d. NEVER (36)

31. Compared to other women your age, how physically active are you?
   a. VERY ACTIVE (27)
   b. FAIRLY ACTIVE (35)
   c. AVERAGE (30)
   d. FAIRLY INACTIVE (8)
   e. VERY INACTIVE (2)
32. How often do you engage in vigorous exercise for at least twenty minutes?
   a. NEVER (14)
   b. ONCE A MONTH (16)
   c. ONCE A WEEK (16)
   d. 2–3 TIMES A WEEK (34)
   e. ALMOST EVERY DAY (20)

33. How does physical activity affect your feelings about your body?
   a. STRONG POSITIVE EFFECT (56)
   b. SLIGHT POSITIVE EFFECT (32)
   c. NO EFFECT (11)
   d. SLIGHT NEGATIVE EFFECT (2)
   e. STRONG NEGATIVE EFFECT (1)

34. Are you ever so obsessed with exercise that it becomes a compulsion?
   a. OFTEN (4)
   b. SOMETIMES (17)
   c. RARELY (25)
   d. NEVER (56)

35. How often do you dance or move to music (alone, with a partner, or in a group)?
   a. WEEKLY (48)
   b. MONTHLY (17)
   c. RARELY (27)
   d. NEVER (8)

36. If you are married or in a coupled relationship, how does your partner's physical appearance compare with your own?
   a. PARTNER IS MUCH BETTER LOOKING (4)
   b. PARTNER IS SOMewhat BETTER LOOKING (10)
   c. WE ARE ABOUT EQUAL (47)
   d. I AM SOMewhat BETTER LOOKING (13)
   e. I AM MUCH BETTER LOOKING (4)
   f. I AM NOT COUPLED AT THIS TIME (22)

37. Do you think your body is sexually appealing?
   a. EXTREMELY APPEALING (7)
   b. QUITE APPEALING (30)
   c. SOMewhat APPEALING (48)
   d. NOT VERY APPEALING (11)
   e. NOT AT ALL APPEALING (4)

38. How important to you is the sexual aspect of your life today?
   a. EXTREMELY IMPORTANT (14)
   b. QUITE IMPORTANT (43)
   c. OCCASIONALLY IMPORTANT (25)
   d. NOT VERY IMPORTANT (15)
   e. NOT AT ALL IMPORTANT (4)
39. If you were more physically attractive, do you think your sexual life would be [or would have been] more satisfying?
   a. DEFINITELY (7)
   b. PROBABLY (13)
   c. NOT SURE (26)
   d. PROBABLY NOT (39)
   e. DEFINITELY NOT (15)

40. Do you feel different about your body just before or during your menstrual period?
   a. MUCH BETTER (0)
   b. SOMEWHAT BETTER (3)
   c. NO DIFFERENCE (32)
   d. SOMEWHAT WORSE (33)
   e. MUCH WORSE (11)
   f. I DO NOT HAVE MENSTRUAL PERIODS (21)

41. Compared to other women, how much do you use cosmetics and other beauty products?
   a. MUCH MORE (3)
   b. SOMEWHAT MORE (5)
   c. ABOUT THE SAME (35)
   d. SOMEWHAT LESS (36)
   e. MUCH LESS (23)

42. Do your beauty routines involve other people touching your body (i.e.: manicure, shampoo, massage)?
   a. SEVERAL TIMES A WEEK (1)
   b. WEEKLY (5)
   c. EVERY FEW WEEKS (21)
   d. MONTHLY (14)
   e. RARELY (59)

43. How much time and effort do you usually spend getting ready before going out to a social event?
   a. A GREAT DEAL (2)
   b. QUITE A LOT (10)
   c. ABOUT AVERAGE (66)
   d. NOT VERY MUCH (23)

44. How much money do you spend on beauty products and grooming treatments?
   a. A GREAT DEAL (3)
   b. QUITE A LOT (8)
   c. ABOUT AVERAGE (41)
   d. NOT VERY MUCH (42)
   e. ALMOST NONE (8)
45. Check any of the following surgical procedures that you have had or would consider having in order to look more attractive.

1 = have had  2 = would consider having

- _______ NOSE JOB
- _______ EYELID SURGERY
- _______ SKIN PEELING FOR WRINKLES
- _______ FACE-LIFT
- _______ CHIN SURGERY
- _______ BREAST IMPLANTS
- _______ BREAST REDUCTION
- _______ BREASTS LIFTED
- _______ LIPOSUCTION [FAT REMOVAL]
- _______ TUMMY TUCK
- _______ BUTTOCKS RESHAPED
- _______ TEETH CAPPED
- _______ TEETH STRAIGHTENED
- _______ ELECTROLYSIS
- _______ OTHER

46. What is your ethnic or racial background?
   a. ASIAN  (4)
   b. BLACK  (5)
   c. CAUCASIAN (87)
   d. HISPANIC  (2)
   e. OTHER  (2)

47. What is your religious background?
   a. NONE  (10)
   b. PROTESTANT (37)
   c. CATHOLIC  (26)
   d. JEWISH  (19)
   e. OTHER  (9)