



Appendix A

Body Image States Scale (BISS)
Right now I feel...
<b>Extremely dissatisfied</b> with my physical appearance
<b>Mostly dissatisfied</b> with my physical appearance
<b>Moderately dissatisfied</b> with my physical appearance
<b>Slightly dissatisfied</b> with my physical appearance
<b>Neither dissatisfied nor satisfied</b> with my physical appearance
<b>Slightly satisfied</b> with my physical appearance
<b>Moderately satisfied</b> with my physical appearance
<b>Mostly satisfied</b> with my physical appearance
<b>Extremely satisfied</b> with my physical appearance
Right now I feel...
<b>Extremely satisfied</b> with my body size and shape
<b>Mostly satisfied</b> with my body size and shape
<b>Moderately satisfied</b> with my body size and shape
<b>Slightly satisfied</b> with my body size and shape
<b>Neither dissatisfied nor satisfied</b> with my body size and shape
<b>Slightly dissatisfied</b> with my body size and shape
<b>Moderately dissatisfied</b> with my body size and shape
<b>Mostly dissatisfied</b> with my body size and shape
<b>Extremely dissatisfied</b> with my body size and shape
Right now I feel...
<b>Extremely satisfied</b> with my body size and shape
<b>Mostly satisfied</b> with my body size and shape
<b>Moderately satisfied</b> with my body size and shape
<b>Slightly satisfied</b> with my body size and shape
<b>Neither dissatisfied nor satisfied</b> with my body size and shape
<b>Slightly dissatisfied</b> with my body size and shape
<b>Moderately dissatisfied</b> with my body size and shape
<b>Mostly dissatisfied</b> with my body size and shape
<b>Extremely dissatisfied</b> with my body size and shape
Right now I feel...
<b>Extremely physically attractive</b>
<b>Very physically attractive</b>
<b>Moderately physically attractive</b>
<b>Slightly physically attractive</b>
<b>Neither attractive nor unattractive</b>

<i>Slightly</i> physically <i>unattractive</i>
<i>Moderately</i> physically <i>unattractive</i>
<i>Very</i> physically <i>unattractive</i>
<i>Extremely</i> physically <i>unattractive</i>
Right now I feel...
<i>A great deal worse</i> about my looks than I usually feel
<i>Much worse</i> about my looks than I usually feel
<i>Somewhat worse</i> about my looks than I usually feel
<i>Just slightly worse</i> about my looks than I usually feel
<i>About the same</i> about my looks as usual
<i>Just slightly better</i> about my looks than I usually feel
<i>Somewhat better</i> about my looks than I usually feel
<i>Much better</i> about my looks than I usually feel
<i>A great deal better</i> about my looks than I usually feel
Right now I feel that I look...
<i>A great deal better</i> than the average person looks
<i>Much better</i> than the average person looks
<i>Somewhat better</i> than the average person looks
<i>Just slightly better</i> than the average person looks
<i>About the same</i> as the average person looks
<i>Just slightly worse</i> than the average person looks
<i>Somewhat worse</i> than the average person looks
<i>Much worse</i> than the average person looks
<i>A great deal worse</i> than the average person looks

