BESAA

Body Esteem Scale for Adolescents and Adults (BESAA)

The BESAA is a self-report questionnaire designed to measure body esteem in adolescents and adults. It examines different aspects of body perception through several subscales, making it possible to assess positive or negative attitudes toward one's body. This tool is frequently used in clinical and research settings to detect body dissatisfaction or to monitor changes following interventions.

Number of questions	23 questions
Estimated duration	10 minutes
Language	English
Original name	Body Esteem Scale for Adolescents and Adults
Target audience	Adolescents, adults
Authors	Michele L. Mendelson, J. Kathryn White (1996)
Category	Body image

Preview of the 23 questions

I like what I look like in pictures.

0 - Never | 1 | 2 | 3 | 4 - Always

Other people consider me good looking.

0 - Never | 1 | 2 | 3 | 4 - Always

I'm proud of my body.

0 - Never | 1 | 2 | 3 | 4 - Always

I'm preoccupied with trying to change my body weight.

0 - Never | 1 | 2 | 3 | 4 - Always

I think my appearance would help me get a job.

0 - Never | 1 | 2 | 3 | 4 - Always

Scoring & interpretation

Responses are given on a 5-point Likert scale (from "never" to "always"). Scores are calculated separately for each subscale (appearance, weight, attribution) and then added together to obtain an overall body esteem score. Higher scores indicate better body esteem.