

Body Image Acceptance and Action Questionnaire (BI-AAQ)

The BI-AAQ is a self-report questionnaire designed to assess body image acceptance in relation to psychological flexibility. It measures the individual's ability to accept their thoughts and emotions related to physical appearance, and to act in line with their values despite body-related concerns. It is used in particular in the context of eating disorders and Acceptance and Commitment Therapy (ACT).

Number of questions	12 questions
Estimated duration	5 minutes
Language	English
Original name	Body Image Acceptance and Action Questionnaire
Target audience	Adults
Authors	Emily K. Sandoz, Kelly G. Wilson, Rhonda M. Merwin, Karen Kate Kellum (2013)
Category	Body image

Preview of the 12 questions

Worrying about my weight makes it difficult for me to live a life that I value.

Never true | Very seldom true | Seldom true | Sometimes true | Frequently true | Almost always true | Always true

I care too much about my weight and body shape.

Never true | Very seldom true | Seldom true | Sometimes true | Frequently true | Almost always true | Always true

I shut down when I feel bad about my body shape or weight.

Never true | Very seldom true | Seldom true | Sometimes true | Frequently true | Almost always true | Always true

My thoughts and feelings about my body weight and shape must change before I can take important steps in my life.

Never true | Very seldom true | Seldom true | Sometimes true | Frequently true | Almost always true | Always true

Worrying about my body takes up too much of my time.

Never true	Very seldom true	Seldom true	Sometimes true	Frequently true	Almost always true	Always true

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a 7-point Likert scale (from 1 = "never true" to 7 = "always true"). Scores are reversed for some items so that a high total score indicates low acceptance and low psychological flexibility regarding body image. Interpret a high score as indicating a greater struggle with accepting one's body image.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free

See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

Laura V. - Online Psychologist