

Body Shape Questionnaire (BSQ-34)

The Body Shape Questionnaire (BSQ-34) is a self-report tool designed to measure individuals' concerns about their perceived body shape. It is often used in clinical assessments of eating disorders and body image dissatisfaction.

Number of questions	34 questions
Estimated duration	10 minutes
Language	English
Original name	Body Shape Questionnaire
Target audience	Adolescents and adults
Authors	P.J. Cooper, M.J. Taylor, Z. Cooper, C.G. Fairburn (1987)
Category	Eating disorders

Preview of the 34 questions

Over the past four weeks...

Has feeling bored made you brood about your shape?

Never | Rarely | Sometimes | Often | Very often | Always

Over the past four weeks...

Have you been so worried about your shape that you have been feeling that you ought to diet?

Never | Rarely | Sometimes | Often | Very often | Always

Over the past four weeks...

Have you thought that your thighs, hips or bottom are too large for the rest of you?

Never | Rarely | Sometimes | Often | Very often | Always

Over the past four weeks...

Have you been afraid that you might become fat (or fatter)?

Never | Rarely | Sometimes | Often | Very often | Always

Over the past four weeks...

Have you worried about your flesh not being firm enough?

Never | Rarely | Sometimes | Often | Very often | Always

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 scale from 1 to 6, ranging from "Never" to "Always". The scores are then summed to obtain a total score indicating the level of concern about body shape. Higher scores reflect greater body concern or dissatisfaction.

Usage

This tool is not available on Mentaal. To access this questionnaire, please visit the website of the official distributor, Mapi Research Trust, and submit a request on ePROVIDE™

Go to ePROVIDE™ ›

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