

Multidimensional Body-Self Relations Questionnaire (MBSRQ)

The MBSRQ is a self-report instrument designed to measure body perception, attitudes, and satisfaction across different aspects. It provides a multidimensional assessment of attitudes toward one's own body and includes subscales assessing appearance, satisfaction with body shape, attentiveness to appearance, health concerns, and other components. This tool is widely used in body image research and in clinical settings to assess body image disturbances.

Number of questions	69 questions
Estimated duration	15 minutes
Language	English
Original name	Multidimensional Body-Self Relations Questionnaire
Target audience	Adults, adolescents
Authors	Thomas F. Cash (1990)
Category	Body image

Preview of the 69 questions

Before going out in public, I always notice how I look.

Definitely disagree | Mostly disagree | Neither agree nor disagree | Mostly agree | Definitely agree

I am careful to buy clothes that will make me look my best.

Definitely disagree | Mostly disagree | Neither agree nor disagree | Mostly agree | Definitely agree

I would pass most physical-fitness tests.

Definitely disagree | Mostly disagree | Neither agree nor disagree | Mostly agree | Definitely agree

It is important that I have superior physical strength.

Definitely disagree | Mostly disagree | Neither agree nor disagree | Mostly agree | Definitely agree

My body is sexually appealing.

Definitely disagree	Mostly disagree	Neither agree nor disagree	Mostly agree	Definitely agree

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 Likert-type scale, usually from 1 to 5. Item scores are summed for each subscale to obtain a measure of the different aspects of body-self relations. High or low scores on certain subscales may indicate a positive or negative body image.

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Julie V. - Online Psychologist