SIBID

Situational Inventory of Body-Image Dysphoria (SIBID)

The SIBID is a self-report tool designed to measure the frequency and intensity of body image dysphoria in various everyday situations. It identifies the contexts in which people feel bodily discomfort or dissatisfaction, thereby contributing to the clinical assessment of body image disturbances.

Number of questions	48 questions
Estimated duration	10 minutes
Language	English
Original name	Situational Inventory of Body-Image Dysphoria
Target audience	Adults and adolescents
Authors	Thomas F. Cash (1997)
Category	Body image

Preview of the 48 questions

How often do you have negative feelings about your physical appearance in the following situations?

When someone looks at parts of my appearance that I don't like

Never | Sometimes | Moderately often | Often | Always or almost always

How often do you have negative feelings about your physical appearance in the following situations?

When I am trying on new clothes at the store

Never | Sometimes | Moderately often | Often | Always or almost always

How often do you have negative feelings about your physical appearance in the following situations?

When someone makes unfavorable comments about my appearance

Never | Sometimes | Moderately often | Often | Always or almost always

How often do you have negative feelings about your physical appearance in the following situations?

When my clothes don't fit right

Never | Sometimes | Moderately often | Often | Always or almost always

How often do you have negative feelings about your physical appearance in the following situations?

When my partner sees me nude

Never | Sometimes | Moderately often | Often | Always or almost 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 0 (Never) to 4 (Always). The scores are summed to obtain a total score reflecting the severity of situational body image dysphoria. Scores can be calculated for different subscales corresponding to specific contexts or situations.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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“Mentaal has truly simplified my online practice, thanks to automatic scoring and seamless questionnaire sending.”

Basile R. - Clinical Psychologist