SOQ

Self-Objectification Questionnaire (SOQ)

The Self-Objectification Questionnaire assesses the degree to which people internalize an objectified view of their own body, studied mainly in women but also applicable to men. It helps measure how values related to physical appearance influence behavior and self-esteem.

Number of questions	10 questions
Estimated duration	3 minutes
Language	English
Original name	Self-Objectification Questionnaire
Target audience	Adults
Authors	Barbara L. Fredrickson, Tomi-Ann Roberts (1998)
Category	Self-esteem

Preview of the 10 questions

Physical coordination

0 - Least impact | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 - Greatest impact

Health

0 - Least impact | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 - Greatest impact

Weight

0 - Least impact | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 - Greatest impact

Strength

0 - Least impact | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 - Greatest impact

Sex appeal

0 - Least impact | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 - Greatest impact

Scoring & interpretation

Scores are calculated by assessing the importance given to appearance-based attributes as opposed to function-based attributes. A high score indicates a high level of self-objectification.