

I. DEMOGRAPHIC PROFILE

Name: _____ Sex: _____ Age: _____

Strand & Section: _____ Learning Modality (please check): ONLINE _____ OFFLINE: _____

Height: _____ Weight: _____ Body Mass Index (BMI): _____

Average Family Income: _____

II. QUESTIONNAIRE

THE MULTIDIMENSIONAL BODY-SELF RELATIONS QUESTIONNAIRE (MBSRQ)

The following pages contain a series of statements about how people might think, feel, or behave. In order to complete the questionnaire, read each statement carefully and decide how much it pertains to you personally. Using a scale like the one below, indicate your answer by **HIGHLIGHTING** the number that corresponds your answer for each item.

01. APPEARANCE EVALUATION (7 ITEMS)

Instructions: Using the scale below, please **HIGHLIGHT** or tick mark the number that best matches your agreement with the following statements.

	Definitely Disagree	Mostly Disagree	Neither Agree Nor Disagree	Mostly Agree	Definitely Agree
1. I am sexually attractive.	1	2	3	4	5
2. I like my looks just the way they are.	1	2	3	4	5
3. Most people would consider me good looking.	1	2	3	4	5
4. I like the way I look without my clothes on.	1	2	3	4	5
5. I like the way my clothes fit me.	1	2	3	4	5
6. I dislike my physique.	1	2	3	4	5
7. I am physically unattractive.	1	2	3	4	5

02. APPEARANCE ORIENTATION (12) ITEMS

Instructions: Using the scale below, **HIGHLIGHT** or tick mark the number that best matches your agreement with the following statements.

	Definitely Disagree	Mostly Disagree	Neither Agree Nor Disagree	Mostly Agree	Definitely Agree
8. Before going out in public, I always notice how I look.	1	2	3	4	5
9. I am careful to buy clothes that will make me look my best.	1	2	3	4	5
10. I check my appearance in a mirror whenever I can.	1	2	3	4	5

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Table of Contents Multidimensional Body Self Relations Questionnaire

1. Understanding the eBook Multidimensional Body Self Relations Questionnaire
 - The Rise of Digital Reading Multidimensional Body Self Relations Questionnaire
 - Advantages of eBooks Over Traditional Books
2. Identifying Multidimensional Body Self Relations Questionnaire
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Multidimensional Body Self Relations Questionnaire
 - User-Friendly Interface
4. Exploring eBook Recommendations from Multidimensional Body Self Relations Questionnaire
 - Personalized Recommendations
 - Multidimensional Body Self Relations Questionnaire User Reviews and Ratings
 - Multidimensional Body Self Relations Questionnaire and Bestseller Lists

5. Accessing Multidimensional Body Self Relations Questionnaire Free and Paid eBooks
 - Multidimensional Body Self Relations Questionnaire Public Domain eBooks
 - Multidimensional Body Self Relations Questionnaire eBook Subscription Services
 - Multidimensional Body Self Relations Questionnaire Budget-Friendly Options
6. Navigating Multidimensional Body Self Relations Questionnaire eBook Formats
 - ePub, PDF, MOBI, and More
 - Multidimensional Body Self Relations Questionnaire Compatibility with Devices
 - Multidimensional Body Self Relations Questionnaire Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Multidimensional Body Self Relations Questionnaire
 - Highlighting and Note-Taking Multidimensional Body Self Relations Questionnaire
 - Interactive Elements Multidimensional Body Self Relations Questionnaire
8. Staying Engaged with Multidimensional Body Self Relations Questionnaire
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Multidimensional Body Self Relations Questionnaire
9. Balancing eBooks and Physical Books Multidimensional Body Self Relations Questionnaire
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Multidimensional Body Self Relations Questionnaire
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Multidimensional Body Self Relations Questionnaire
 - Setting Reading Goals Multidimensional Body Self Relations Questionnaire
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Multidimensional Body Self Relations Questionnaire
 - Fact-Checking eBook Content of Multidimensional Body Self Relations Questionnaire
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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