

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

Multidimensional Body Self Relations Questionnaire

Jianjun Gao



Multidimensional Body Self Relations Questionnaire:

Multidimensional Body Self Relations Questionnaire Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Multidimensional Body Self Relations Questionnaire**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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