

Body Ink Tattooing among Young Adults: Relationship with Self-Esteem, Need for Uniqueness and Social Physique Anxiety

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Abstract:- The objective of the present paper was to study the role of body-ink tattooing on self-esteem, the need for uniqueness, and social physique anxiety among young adults. A 2 (people with tattoos and people without tattoos) * 2 (male persons and female persons) factorial design was used on a sample of 101 participants selected through the purposive sampling method. The findings of the study revealed that there was no significant difference found between individuals with tattoos and without tattoos with respect to their self-esteem, $F(1, 97) = 0.99$, $p = 0.32$, $p > 0.05$, need for uniqueness, $F(1, 97) = 0.89$, $p = 0.35$, $p > 0.05$, and social physique anxiety, $F(1, 97) = 0.45$, $p = 0.50$, $p > 0.05$. Also, no gender difference was found in relation to self-esteem, $F(1, 97) = 1.02$, $p = 0.36$, $p > 0.05$, need for uniqueness, $F(1, 97) = 2.29$, $p = 0.13$, $p > 0.05$, and social physique anxiety, $F(1, 97) = 0.45$, $p = 0.50$, $p > 0.05$. Thus, the study concluded that there is no significant effect of body-ink tattooing and gender on self-esteem, need for uniqueness, and social physique anxiety among young adults.

Keywords:- Self-Esteem, Need for Uniqueness, Social Physique Anxiety, Tattoos, Body Ink, Gender Difference, Young Adults.

I. INTRODUCTION

Body modification encompasses a variety of procedures aimed at altering the physical appearance of an individual, including practices such as adornment, branding, coiffure, cosmetics, cutting, body piercing, scarification, and tattooing. The art of tattooing, involving the injection of pigments into the dermal layer of the skin, can be traced back to as early as 8000 B.C. In its early history, tattooing held significance among early Christians as they employed distinctive symbols to identify their followers. Still, this practice gradually waned in Europe, persisting instead in the East. Notably, British Naval Captain James Cook's sailors returned from Tahiti bearing tattoos, known as 'tatau,' which evolved into a symbol of adventurous living.

Throughout history, tattoos have assumed various roles, often serving as indicators of deviance, criminality, rites of passage, or affiliations with particular clans or groups. Some researchers suggest that specific tattoo designs were employed for group identification purposes. For instance, in ancient Greece and China, criminals bore permanent tattoos to mark their social standing (Palermo, 2011). The dark

chapter of history witnessed prisoners at Auschwitz, a concentration camp, being marked with numbers during the Holocaust to facilitate identification postmortem. In contrast, the late 20th century witnessed a surge in the popularity of tattoos in modern society, with these once-stigmatized symbols gaining widespread acceptance across various demographics.

Tattoos have transcended socioeconomic and demographic boundaries, shifting from being predominantly associated with marginalized or deviant subcultures to achieving mainstream recognition. Sociologists have offered various perspectives to understand the contemporary popularity of tattoos. Some view this trend as a means for individuals to reclaim agency over their physical experiences in an increasingly commodified post-industrial society. Others point out how 20th-century capitalism appropriated countercultural symbols, effectively erasing the historical significance of traditional body art, and repositioned tattoos as a bourgeois form of self-expression in a culture fixated on body maintenance (Kosut, 2006).

Extensive research has probed the multifaceted motivations and experiences of individuals adorned with tattoos (Kalanj-Mizzi et al., 2018; Swami et al., 2015). Many studies have explicitly inquired about the reasons behind acquiring tattoos, consistently highlighting them as instruments for self-expression, identity enhancement, and avenues for group membership, celebration, perceived attractiveness, and peer emulation. Participants often express a desire for tattoos because they find them aesthetically appealing or simply because they want to adorn themselves.

Furthermore, the motivations for obtaining tattoos are diverse. Some individuals are driven by acts of rebellion, aiming to stand out in a crowd and perceive their bodies as a canvas for personal expression (Kalanj-Mizzi et al., 2018; Swami et al., 2015). Additionally, for certain individuals, acquiring tattoos resembles a form of self-mutilation, where the physical pain involved serves as a means to alleviate emotional distress (Kalanj-Mizzi et al., 2018). An earlier study by Antoszewski et al. (2009), involving 492 tattooed participants, found that the primary drivers for body modification were the desire to assert one's individuality and the pursuit of enhanced sexual attractiveness. This multifaceted interplay between personal motivations and the art of tattooing adds depth to our understanding of this phenomenon.

The existing literature also delves into the human need for both similarity and dissimilarity to others, encapsulated by the Theory of Uniqueness (Snyder & Fromkin, 1980), which postulates that the desire for uniqueness reflects a positive aspiration for distinctiveness and individuality. This pursuit of uniqueness through tattoos often intersects with concerns related to one's physical appearance, potentially causing personal and social anxiety due to dissonance between an individual's actual and ideal body image. We further investigate the correlation between tattoo acquisition and appearance-related anxiety, evaluating social physique anxiety levels, which represent the apprehension people feel when their physique is evaluated by others. In addition to appearance-related concerns, self-esteem stands out as a key domain of interest in the realm of body modification and art. Defined by Rosenberg (1965) as one's overall positive or negative attitude toward oneself and the evaluation of one's own thoughts and feelings, self-esteem plays a pivotal role.

The stigma faced by individuals with visible tattoos transcends gender boundaries. These individuals tend to receive lower ratings in categories such as competence, character, and sociability (Setter, 2005). Their credibility is often questioned because they deviate from society's conventional norms regarding appearance (Setter, 2005). Research by Kalanj-Mizzi et al. (2018) documented instances where individuals with visible tattoos encountered difficulties in social contexts, such as gaining entry to clubs and securing employment. Paradoxically, some individuals in the same study were perceived as extroverted, confident, and outgoing. It is noteworthy that despite the societal judgment they face, most individuals with tattoos do not regret their decision to acquire them (Kalanj-Mizzi et al., 2018).

A body of research has explored the influence of tattoo status on appearance investment and distinctive appearance investment, with gender playing a significant role. Tiggemann and Golder (2006) observed that tattoo status did not yield significant effects on appearance investment, while gender differences were evident, with women tending to score higher than men. However, this finding was contradicted by another study, suggesting that men scored higher in distinctive appearance investment than women, though no significant gender differences were observed in the non-tattooed group (Swami et al., 2012).

In addition to exploring the impact of tattoos and gender on self-esteem, the need for uniqueness, and social physique anxiety, it is noteworthy that women seeking tattoo removal often express a profound sense of embarrassment as a significant motivator. These feelings of embarrassment are frequently intensified by the heightened level of negative comments and judgments they encounter, particularly when compared to tattooed men, across various settings (Armstrong et al., 2008). Furthermore, an experimental study conducted by Resenhoef, Villa, and Wiseman (2008) revealed that women with tattoos are often perceived as less elegant, athletic, attractive, compassionate, and intelligent when compared to their non-tattooed counterparts, despite being seen as more creative.

Contrasting perspectives on the impact of tattoos on self-esteem also emerge in the existing body of research. Pajor et al. (2015) conducted a study indicating that individuals with body modifications, including tattoos, tend to exhibit higher self-esteem levels, especially in relation to leadership and competence. Additionally, they displayed fewer symptoms of social impairment and sleep disorders when compared to a control group. However, it is essential to acknowledge that contradictory findings have surfaced in some studies, suggesting that the presence of tattoos does not significantly affect the self-esteem of individuals with tattoos (Swami, 2012; Hong & Lee, 2017). This nuanced landscape underscores the complexity of the relationships between tattoos, self-esteem, and societal perceptions, which this study aims to explore comprehensively.

Understanding the link between body image and self-esteem, particularly in young women, has been a focus of recent research. Kertzman et al. (2019) conducted a study that observed women with tattoos tended to score lower on emotional and cognitive aspects of self-esteem, a finding that resonates with the broader literature suggesting that a positive body image can have a favorable influence on self-esteem (Pajor et al., 2015). This relationship is important because self-esteem has been consistently associated with positive outcomes such as fulfilling social connections, greater personal success, and the cultivation of pro-social behaviors (Orth and Robins, 2014).

Moreover, the significance of tattoos extends beyond the realm of body modification. Sanders (1988) posits that tattoos serve as a medium for self-expression and as reminders of one's principles, becoming an integral part of the wearer's identity. Beyond individual expression, tattoos are also seen as a means of conveying personal interests and values, illustrating a deep connection between one's self-identity and their choice of body art. This perspective has been further developed in subsequent research, which emphasizes the role of tattoos as physical expressions of self-identity and uniqueness (Tiggemann & Hopkins, 2011).

In a similar vein, Swami (2012) has postulated that tattoos serve as tools for self-expression and identity construction, providing individuals with a means to cultivate a unique sense of identity, particularly with regard to their appearance. However, it is worth noting that not all studies align on this point, as some have produced conflicting results, suggesting that individuals with tattoos exhibit a greater need for uniqueness compared to their non-tattooed counterparts (Pajor et al., 2015; Swami, 2012; Tiggemann & Golder, 2006; Tiggemann & Hopkins, 2011). This diversity in findings highlights the intricate and multifaceted nature of tattoo culture and its interplay with self-identity.

From a psychodynamic perspective, tattoos are seen as prosthetic attempts to bolster one's ego definition (Grumet, 1983). Tattooing is characterized as a pictorial quest for self-definition and a tangible embodiment of final identity. The act of obtaining tattoos involves the utilization of defense mechanisms to alleviate anxiety and protect the ego. Additionally, tattoos imbue individuals with a sense of

belonging, whether to a community, a loved one, or their own sense of self (Grumet, 1983).

A prospective longitudinal study by Silver et al. (2009) investigated factors influencing adolescents' likelihood of acquiring tattoos in later life. The study suggested that adolescents who performed poorly in school, earning low grades, were more predisposed to acquiring tattoos in adulthood. Conversely, those with higher grades tended to be more sensitive to adult opinions and less likely to engage in tattoo acquisition. Furthermore, adolescents involved in violent acts and substance use were found to be more prone to getting tattoos as a commitment to deviant behavior and as symbols of physical and psychological strength.

Several studies, that measured personality traits and individual differences (The Big Five personality characteristics) in tattooed and non-tattooed groups, found that tattooed participants scored significantly higher on the Extraversion scale (Swami, 2012) but significantly lower on Conscientiousness (Swami et al., 2012). Tate and Shelton's (2008) earlier study also reported that tattooed individuals scored lower on Conscientiousness and Agreeableness compared to their non-tattooed counterparts, though no significant differences were observed in other dimensions of the Big Five personality traits.

Numerous investigations have focused on the sensation-seeking and risk-taking behaviors of individuals with tattoos. Tattooed individuals have been perceived as more inclined toward experiences, thrills, adventures, and having more prior sexual partners, with lower inhibitions compared to non-tattooed individuals (Robert and Storch, 2005; Swami et al., 2012; Wohlrab et al., 2009). Notably, men tend to exhibit higher scores in these aspects than women (Wohlrab et al., 2009).

It is plausible that psychological distress serves as a motivator for some individuals to seek body modifications, with such modifications potentially functioning as coping mechanisms or a means to gain a clearer sense of self. Conversely, distressed individuals may succumb to peer pressure in their quest to conform to societal norms. Individuals with body modifications have reported heightened feelings of depression and trait anxiety, raising the possibility that obtaining such modifications may be indicative of impulsivity and a propensity for risk-taking (Robert and Storch, 2005).

A. Rationale

Following a thorough review of existing literature, it becomes evident that most studies are Western-centric, with limited research available in the Indian context. This study aims to trace the evolution of tattoo trends, from rebellion and cultural significance to their modern-day status as fashion accessories and tools for self-expression.

Additionally, the study seeks to understand how tattoos impact self-esteem, the desire for uniqueness, and social physique anxiety, particularly within the context of India's strong conformity to social norms. Gender differences in these aspects will also be examined.

This research endeavors to provide insights into the complex dynamics of tattoo culture, offering valuable perspectives on body art, self-perception, and societal expectations, both in India and beyond.

II. METHOD OF STUDY

A. Research Design

To examine the role of tattoos and gender on self-esteem, the need for uniqueness, and social physique anxiety, A 2 (people with tattoos and people without tattoos) * 2 (male persons and female persons) factorial design was used for the purpose. Purposive sampling, including the snowball sampling technique, was used to select the sample of 101 participants (50 with tattoos and 51 without tattoos, and 35 male persons and 66 female persons) from all across the nation who fulfilled the inclusion criteria. The data was collected using 3 standardized scales- Rosenberg's Self-Esteem Scale, Self Attributed Need for Uniqueness Scale, and Social Physique Anxiety Scale. Descriptive statistics and Analysis of Variance (ANOVA) were used to analyze the results.

B. Sample and Sampling Techniques

The research was conducted on young adults in the age group of 18 to 28 years. Purposive sampling including snowball sampling was used to collect data from a sample of 101 participants. Initially, 105 participants participated in the study out of which 4 people did not fulfil the inclusion criteria. Finally, 101 people who fulfilled the inclusion criteria and agreed to be part of the research were included as the sample of the study.

C. Inclusion Criteria

Individuals fulfilling the following criteria were included in the sample of the study:

- People who were in the 18 to 28 years age group
- People who were Indian citizens.
- People with at least 1 tattoo for inclusion in the tattooed group.

D. Tools Used

➤ **Rosenberg's Self-esteem Scale (RSES; Rosenberg, 1965):** The RSES, which participants completed, is the most commonly used index of one's sense of self-worth. The RSES comprises 10 items, each of which is given a rating on a 4-point rating scale (strongly disagree = 1; strongly agree = 4). The average of all the items is used to calculate the overall score, with higher scores representing higher self-esteem. It has been demonstrated that the RSES scores have a high level of internal consistency and strong convergent validity.

➤ **Social Physique Anxiety Scale (SPAS; Hart, Leary, & Rajeski, 1989):** The 12-item SPAS measures anxiety related to the perceived evaluation of one's body or physical appearance. A 5-point Likert-type scale is used to rate each item, with 1 being "Not at all like me" and 5 being "Like me a lot." However, there are 5 questions for which the scoring had to be reversed (questions- 1, 2, 5, 8, 11). The mean of all the ratings is used to calculate the overall score. Greater social anxiety is indicated by higher SPAS scores. It has been established that the concept

III. RESULT AND ANALYSIS

validity, internal consistency, and test-retest reliability of the SPAS are sufficient.

➤ **Self-Attributed Need for Uniqueness Scale (SANU; Lynn & Harris, 1997):** The SANU is a 4-item measure of self-perceived feelings of being or thinking differently from others. An overall SANU score is generated by summing the ratings for each of the four items on a 5-point Likert scale (1 being not at all and 5 being extremely), with higher scores reflecting greater self-attributed uniqueness. Previous research has demonstrated that the SANU has strong construct validity and internal consistency (Lynn & Harris, 1997; Lynn & Snyder, 2002).

E. Procedure

To study the role of tattoos and gender on self-esteem, the need for uniqueness and social physique anxiety, three standardized scales were used- Rosenberg’s Self-Esteem Scale, Self Attributed Need for Uniqueness Scale, and Social Physique Anxiety Scale. The questionnaires were circulated online, through Google Forms. Purposive sampling was used to collect the data from a sample of 101 participants. The scoring was done using the scoring keys of the scales/questionnaire manuals. For the result analysis, descriptive statistics and ANOVA were used using IBM SPSS.

Table 1 The average age of the sample

Gender	Mean	N	Std. Deviation
Female	21.27	66	2.669
Male	21.23	35	2.289
Total	21.26	101	2.532

a. The average age of the sample

Table 1 represents the study's total sample size comprised 101 participants (N = 101), with 66 females and 35 males. Male participants had a mean age of 21.27 (M = 21.27, SD = 2.669), while female participants had a mean age of 21.23 (M = 21.23, SD = 2.289).

We conducted a series of 2x2 Analysis of Variance (ANOVA) tests, utilizing gender and tattoo status as independent variables and self-esteem, need for uniqueness, and social physique anxiety as dependent variable

TABLE 2 MEAN, STANDARD DEVIATION AND ANOVA STATISTICS FOR SELF-ESTEEM

Variable	Male		Female		ANOVA			
	M	SD	M	SD	Effect	F ratio	df	η^2
Self Esteem								
Tattoo	21.64	3.26	21.22	2.77	Gender	1.02	1, 97	0.01
No Tattoo	22.38	2.82	21.63	2.41	Tattoo	0.99	1, 97	0.01
					Tattoo*Gender	0.08	1, 97	0.001

b. Note- N= 60, M= Mean, SD= Standard Deviation, df= Degrees of Freedom.

Table 2 provides a comprehensive overview of the statistical data pertaining to self-esteem in both tattooed and non-tattooed individuals, differentiating between males and females. Amongst tattooed individuals, the mean self-esteem scores for males and females were calculated as 21.64 (with a standard deviation of 3.26) and 21.22 (with a standard deviation of 2.77), respectively. In parallel, for their non-tattooed counterparts, the mean self-esteem scores were determined to be 22.38 (with a standard deviation of 2.82) for males and 21.63 (with a standard deviation of 2.41) for females.

Our analysis utilizing ANOVA methodology aimed to uncover any significant disparities in self-esteem levels within both the tattooed and non-tattooed cohorts, as well as between males and females. The results, however, did not yield any statistically significant differences. Specifically, the ANOVA test for self-esteem between tattooed and non-tattooed individuals produced an F-statistic of 0.99, with a corresponding p-value of 0.32 (where $p > 0.05$). Similarly, when assessing self-esteem differences between males and females, the ANOVA test produced an F-statistic of 1.02, with a p-value of 0.36 (again, $p > 0.05$). This signifies that there is no evidence to suggest significant variations in self-esteem levels based on tattoo status or gender.

Table 3 Mean, Standard Deviation and ANOVA statistics for Need for uniqueness

Variable	Male		Female		ANOVA			
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>Effect</i>	<i>F ratio</i>	<i>df</i>	η^2
Need for Uniqueness								
Tattoo	13.28	7.55	11.11	2.6	Gender	2.30	1, 97	0.01
No Tattoo	11.57	2.29	11.3	3.3	Tattoo	0.89	1, 97	0.01
					Tattoo*Gender	1.391	1, 97	0.001

c. Note- N= 60, M= Mean, SD= Standard Deviation, df= Degrees of Freedom.

Table 3 provides a comprehensive dataset encompassing mean values, standard deviations, and ANOVA statistics, all of which pertain to the concept of "the need for uniqueness" across both tattooed and non-tattooed individuals, distinguishing between males and females. Among tattooed individuals, we observed that the mean scores for the need for uniqueness were 13.28 (accompanied by a standard deviation of 7.55) for males and 11.11 (with a standard deviation of 2.6) for females. In a parallel fashion, among non-tattooed individuals, the mean scores for the need for uniqueness were determined as 11.57 (with a standard deviation of 2.29) for males and 11.3 (with a standard deviation of 3.3) for females.

Our investigation, grounded in ANOVA methodology, aimed to discern whether significant disparities existed in the need for uniqueness among the tattooed and non-tattooed subgroups, as well as between males and females. However, our analysis did not yield statistically significant differences. Specifically, the ANOVA test for the need for uniqueness between tattooed and non-tattooed individuals produced an F-statistic of 0.894, with a corresponding p-value of 0.347 (where $p > 0.05$). Similarly, when evaluating the variations in the need for uniqueness between males and females, the ANOVA test generated an F-statistic of 2.298, with a p-value of 0.133 (once again, $p > 0.05$). These results indicate the absence of significant distinctions in the need for uniqueness based on tattoo status or gender.

TABLE 4 MEAN, STANDARD DEVIATION AND ANOVA STATISTICS FOR SOCIAL PHYSIQUE ANXIETY

Variable	Male		Female		ANOVA			
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>Effect</i>	<i>F ratio</i>	<i>df</i>	η^2
Social Physique Anxiety								
Tattoo	31.29	7.38	33.41	6.65	Gender	0.450	1, 97	0.01
No Tattoo	32.38	7.26	32.33	8.04	Tattoo	0.000	1, 97	0.01
					Tattoo*Gender	0.492	1, 97	0.001

d. Note- N= 60, M= Mean, SD= Standard Deviation, df= Degrees of Freedom.

Table 4 presents a comprehensive dataset encompassing the mean values, standard deviations, and the results of ANOVA analysis pertaining to social physique anxiety in both tattooed and non-tattooed individuals, categorized by gender. Specifically, for individuals with tattoos, the mean scores for males and females on the measure of social physique anxiety were computed as 31.29 (SD = 7.38) and 33.41 (SD = 6.65), respectively. Conversely, for those without tattoos, the mean scores for males and females on this same measure were determined to be 32.38 (SD = 7.26) and 32.33 (SD = 8.04), respectively.

evidenced by an F-statistic of $F(1, 97) = 0.450$ and a p-value of 0.504 ($p > 0.05$).

IV. DISCUSSION AND CONCLUSION

The primary objective of this study was to gain deeper insights into the interplay of tattoo status and gender concerning self-esteem, the need for uniqueness, and social physique anxiety, particularly within the youthful demographic of India.

In amalgamating the findings of this study, we arrive at a conclusion that contradicts the initial hypothesis positing that tattoo status and gender exert an influence on individuals' self-esteem. This study effectively replicates the earlier findings put forth by Swami (2012) and Hong & Lee (2017), both of which suggest that neither tattoo status nor gender significantly impacts an individual's self-esteem. Nonetheless, it is worth noting that certain studies have uncovered a meaningful correlation between tattoo status and

self-esteem, particularly in the domains of leadership and competence (Pajor et al., 2015).

With respect to the need for uniqueness, existing scholarly literature indicates that individuals bearing tattoos exhibit a greater need for uniqueness compared to their non-tattooed counterparts (Pajor et al., 2015; Swami, 2012; Tiggemann & Golder, 2006; Tiggemann & Hopkins, 2011). However, our present investigation, building upon these findings, unveils no substantial impact of either tattoo status or gender on individuals' need for uniqueness. It is worth mentioning that there exist studies aligned with our hypothesis, contending that tattoos serve as a means for individuals to cultivate a distinctive sense of self and identity, particularly concerning physical appearance (Swami, 2012).

In contrast to our initial conceptualization of individuals' perception of their appearance on the social physique anxiety scale, it was observed that neither tattoos nor gender yielded a significant main effect on the participants' social physique anxiety. Comparable results pertaining to appearance were found in several studies, albeit focusing on the scales of appearance investment and distinctive appearance investment, which indicated that while tattoo status did not influence one's body image perception, gender played a significant role, with women scoring higher than men on the appearance investment scale (Tiggemann & Golder, 2006).

A. Implications

The knowledge garnered from this study serves to enrich the global database on this topic, with a specific emphasis on its contribution to the relatively scant body of research concerning the Indian population. During our literature review, we identified a conspicuous gap in the existing scholarship, particularly in the context of India.

It is pertinent to acknowledge that there may exist other variables not explored in this study that could wield a significant impact on the dependent variables. These variables, unfortunately, remained beyond the purview of our investigation. Subsequent research endeavors should consider exploring other permutations of variables that may potentially yield noteworthy effects.

B. Limitations

Several limitations must be acknowledged in the context of this research:

- **Sample Composition:** The study predominantly drew from college students, thus potentially limiting the generalizability of our findings. Future research should aim to include participants from a broader age spectrum to gain a more comprehensive understanding of the subject.
- **Limited Variables:** The study incorporated only a restricted number of variables, leaving open the possibility that unexamined variables could introduce significant nuances to the interaction between tattoo status and gender differences.
- **Gender Inclusivity:** Our study exclusively encompassed male and female categories, rendering it less inclusive. Future research should strive for a more holistic approach by incorporating other gender identities into the study cohort.

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APPENDIX

Appendix A

The Rosenberg Self-Esteem Scale

- On the whole, I am satisfied with myself.
- At times I think I am no good at all.
- I feel that I have a number of good qualities.

- I am able to do things as well as most other people.
- I feel I do not have much to be proud of.
- I certainly feel useless at times.
- I feel that I'm a person of worth.
- I wish I could have more respect for myself.
- All in all, I am inclined to think that I am a failure.
- I take a positive attitude toward myself.

1 = Strongly agree

2 = Agree

3 = Disagree

4 = Strongly disagree

Appendix B

Self-Attributed Need for Uniqueness Scale

- I prefer being different from other people. (a) no, (b) slightly, (c) moderately, (d) very, (e) extremely
- Being distinctive is important to me. (a) not at all, (b) slightly, (c) moderately, (d) very, (e) extremely
- I intentionally do things to make myself different from those around me. (a) never, (b) seldom, (c) sometimes, (d) often, (e) always
- I have a need for uniqueness. (a) weak, (b) slight, (c) moderate, (d) strong, (e) very strong

Appendix C

Social Physique Anxiety Scale

- I am comfortable with the appearance of my physical figure*
- I would never worry about wearing clothes that might make me look too thin or overweight*
- I wish I wasn't so uptight about my physical figure
- There are times when I am bothered by thoughts that other people are evaluating my weight or muscular development negatively
- When I look in the mirror I feel good about my physical figure*
- Unattractive features of my physical figure make me nervous in certain social settings.
- In the presence of others, I feel apprehensive about my physical figure
- I am comfortable with how fit my body appears to others*
- It would make me uncomfortable to know others were evaluating my physical figure
- When it comes to displaying my physical figure to others, I am a shy person
- I usually feel relaxed when it is obvious that others are looking at my physical figure*
- When in a bathing suit, I often feel nervous about the shape of my body

Note. For each item, respondents indicate the "degree to which the statement is characteristic or true of you" on a 5-point scale (not at all, slightly, moderately, very, extremely characteristic). Asterisks represent questions to be reverse scored before summing.