

Objectified Body Consciousness Scale

Name: _____ Date: _____

The Objectified Body Consciousness Scale (OBC) is a 24-item measure that assesses how individuals, especially women, perceive their bodies in relation to societal standards. It includes three subscales:

1. Surveillance – Viewing the body as an outsider.
2. Body shame – Feeling inadequate when the body doesn't meet expectations.
3. Appearance control beliefs – The belief that one can control their appearance.

The scale examines how these attitudes affect body image and self-perception.

Please indicate your level of agreement with the following statements regarding your body perception.

| Surveillance scale | Strongly disagree | Disagree | Somewhat disagree | Neither | Somewhat agree | Agree | Strongly agree |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. I rarely think about how I look.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 2. I think it is more important that my clothes are comfortable than whether they look good on me.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 3. I think more about how my body feels than how my body looks.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 4. I rarely compare how I look with how other people look.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 5. During the day, I think about how I look many times. | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 6. I often worry about whether the clothes I am wearing make me look good. | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 7. I rarely worry about how I look to other people.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 8. I am more concerned with what my body can do than how it looks.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |

Score for surveillance scale: _____

| Body shame scale | Strongly disagree | Disagree | Somewhat disagree | Neither | Somewhat agree | Agree | Strongly agree |
|--|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 9. When I can't control my weight, I feel like something must be wrong with me. | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 10. I feel ashamed of myself when I haven't made the effort to look my best. | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 11. I feel like I must be a bad person when I don't look as good as I could. | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 12. I would be ashamed for people to know what I really weigh. | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 13. I never worry that something is wrong with me when I am not exercising as much as I should.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 14. When I'm not exercising enough, I question whether I am a good enough person. | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 15. Even when I can't control my weight, I think I'm an okay person.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 16. When I'm not the size I think I should be, I feel ashamed. | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |

Score for body shame scale: _____

| Control scale | Strongly disagree | Disagree | Somewhat disagree | Neither | Somewhat agree | Agree | Strongly agree |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 17. I think a person is pretty much stuck with the looks they are born with.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 18. A large part of being in shape is having that kind of body in the first place.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 19. I think a person can look pretty much how they want to if they are willing to work at it. | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 20. I really don't think I have much control over how my body looks.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |

| Control scale | Strongly disagree | Disagree | Somewhat disagree | Neither | Somewhat agree | Agree | Strongly agree |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 21. I think a person's weight is mostly determined by the genes they are born with.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 22. It doesn't matter how hard I try to change my weight, it's probably always going to be about the same.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 23. I can weigh what I'm supposed to when I try hard enough. | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |
| 24. The shape you are in depends mostly on your genes.* | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 |

Score for body shame scale: _____

Total score

*Items are reverse scored - for these items, responses where 1 typically represents “strongly disagree” and 7 represents “strongly agree” - should be reversed.

For example, if a client selects “strongly agree” for a reverse-scored item, it should be converted to one, and “agree” which would be a 6 becomes a 2, and so on, before summing the responses for that subscale.

Scoring and interpretation

The sum of each subscale is calculated as well as the total instrument score. Higher scores represent a higher endorsement of each of the constructs.

Reference

McKinley, N. M., & Hyde, J. S. (1996). The objectified body consciousness scale: Development and validation. *Psychology of Women Quarterly*, 20(2), 181-215. <https://doi.org/10.1111/j.1471-6402.1996.tb00467.x>