One of the few available instruments for body esteem, the **Body Esteem Scale** investigates characteristics in young women and young men related to body esteem. This particular scale is closely compared with the Body Cathexis Scale.

The format for the Body Esteem Scale includes 35 items using 17 items from the Body Cathexis Scale and 16 new items. Three interrelated factors that describe major body esteem dimensions are the subscales for the test.

**Author:** Dr. Stephen L. Franzoi and Stephanie A. Shields, 1984

**Reliability and Validity**

Following data provided by Stephen L. Franzoi and Stephanie A. Shields study conducted on a sample of 331 males and 633 females enrolled in undergraduate courses. Reliability and validity were conducted for each of the male and female participants. The Coefficient alpha rating for internal consistency was 0.81 to 0.87 for all the male sub-scales and 0.78 to 0.87 for all three female sub-scales. The Body Esteem Scale was correlated with the Rosenberg Self-Esteem Scale (Rosenberg, 1965) to support convergent validity; moderate correlation between the two were presented. There is a strong correlation with the Body Cathexis Scale due to the 17-items that the two instruments share.

**Obtaining the BES**

To obtain the Body Esteem Scale (BES), email either of the authors directly.

**Dr. Stephen Franzoi**

**Dr. Stephanie Shields**

**Administration, Analysis and Reporting**

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.
For additional information on these services, click here.

References


Dissertation and Journals

