Body Image Quality of Life Inventory (BIQLI)

About: This scale is a self-report measure of the impact of body image on one’s life.

Items: 19

Reliability:

Internal consistency of the BIQLI was .95. Test-retest reliability of the mean total score was .79.

Validity:

A higher BIQLI total score was associated with higher body satisfaction, less body shame, less of a preoccupation with being/becoming fat, less dysfunctional investment in appearance, lower body surveillance, and less internalized cultural beauty standards.

References:


**To obtain a copy of this scale, please click here**