

Body Esteem Scale (BES)

About: This scale is a self-report measure of body self-esteem.

Items: 35

Reliability:

Internal consistency of the Body Esteem Scale was .81 - .87 for male subscales and .78 - .87 for the female subscale.

Validity:

The BES total score was moderately correlated with the total score of the Rosenberg Self-Esteem Scale (RSE). There was a strong correlation between the BES and the Body Cathexis Scale.

References:

Franzoi, S. L. & Shields, S. A. (1984). [The Body Esteem Scale: Multidimensional Structure and Sex Difference in a College Population](#). *Journal of Personality Assessment*, 48(2) 173-178.

****To obtain a copy of this scale, please contact either author of the publication above****