

a psychology today questionnaire

# Body Image

Ellen Berscheid, Elaine Walster and George Boornstein

# Body Image

Philosophers have debated the relationship between mind and body for centuries. Today mind, as a subject of study, has given way to personality, a term no less vague, perhaps, but much more popular. Psychologists translate the old mind-body dichotomy to ask whether personality affects the body, whether the body affects personality, and which one wins.

Our answers are only slightly more satisfying than the ones the Spartans had. But at least we are aware that there is a relationship: we know that the body does not exist apart from the psychology. We have become more aware of the ways in which we use and abuse our bodies. Recently too we have learned that different personality traits, physical characteristics and abilities, and reactions to stress all affect susceptibility to illness, self-esteem, chances for success, happiness.

We are that much ahead of the Spartans, perhaps, but many questions remain. The research is sketchy, generally limited to college students. *Psychology Today* readers and editors have been invited to provide information and facts in an area ruled by hearsay and speculation.

The invitation came from three social scientists who want the PT community to help create the first large body of data on body image. The three are Ellen Berscheid, professor of psychology at the University of Minnesota, Elaine Walster, associate professor of sociology and chairman of the department of sociology at the University of Wisconsin, and George Bohrnstedt, associate professor of sociology at the University of Minnesota. They have done extensive laboratory and field work on the relationships between personality, body and behavior, and they have pooled their talent and knowledge to construct the questionnaire that appears on the following page.

PT will publish a full report of the results of this survey in a later issue as we have done in previous surveys on cities, law, drugs, sex, death, and woman & man. Together, we can dispel some of our ignorance about the way we relate to our bodies; thus the value of the results rests on our candor and thoughtfulness in filling out the questionnaire. Please put your responses on one of the enclosed self-addressed cards (there are two, to accommodate pairs), rip it off and mail it back to us by July 31. All returns are anonymous.

—The Editors

How satisfied are you with the way your body looks?

## 1 Height:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 2 Weight:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 3 Hair:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 4 Eyes:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 5 Ears:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 6 Nose:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

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## 7 Mouth:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 8 Teeth:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 9 Voice:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 10 Chin:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 11 Complexion:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 12 Overall facial attractiveness:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 13 Shoulders:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 14 Chest (males), Breasts (females):

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 15 Arms:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 16 Hands:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 17 Size of abdomen:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 18 Buttocks (seat):

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 19 Size of sex organs:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 20 Appearance of sex organs:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 21 Hips (upper thighs):

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 22 Legs and ankles:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 23 Feet:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 24 General muscle tone or development:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 25 Overall body appearance:

- A Extremely satisfied.
- B Quite satisfied.
- C Somewhat satisfied.
- D Somewhat dissatisfied.
- E Quite dissatisfied.
- F Extremely dissatisfied.

## 26 When you were a child (one to 12 years), did your peers make fun of you or reject you for any aspect of your physical appearance?

- A Very frequently.
- B Frequently.
- C Sometimes.
- D Rarely.
- E Never.

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**27** Compare your physical attractiveness when you were a child, one to 12 years), with others of your age. I was:

- A Much more attractive.
- B Considerably more attractive.
- C Slightly more attractive.
- D About the same.
- E Slightly less attractive.
- F Considerably less attractive.
- G Much less attractive.

**28** Compare your physical attractiveness when you were an adolescent, (13 to 19 years), with others of your age. I was (am):

- A Much more attractive.
- B Considerably more attractive.
- C Slightly more attractive.
- D About the same.
- E Slightly less attractive.
- F Considerably less attractive.
- G Much less attractive.

**29** Compare your physical attractiveness when you were a young adult (20 to 30 years), with others of your age. I was (am):

- A Much more attractive.
- B Considerably more attractive.
- C Slightly more attractive.
- D About the same.
- E Slightly less attractive.
- F Considerably less attractive.
- G Much less attractive.
- H I am not yet 20.

**30** Compare your physical attractiveness as a mature adult (31 to 45 years), with others of your age. I was (am):

- A Much more attractive.
- B Considerably more attractive.
- C Slightly more attractive.
- D About the same.
- E Slightly less attractive.
- F Considerably less attractive.
- G Much less attractive.
- H I am not yet 31.

**31** Compare your physical attractiveness as a fully mature adult (46 or over) with others of your age. I was (am):

- A Much more attractive.
- B Considerably more attractive.
- C Slightly more attractive.
- D About the same.
- E Slightly less attractive.
- F Considerably less attractive.
- G Much less attractive.
- H I am not yet 46.

**32** Compare your overall physical attractiveness now with others of your age. I am:

- A Much more attractive.
- B Considerably more attractive.
- C Slightly more attractive.
- D About the same.
- E Slightly less attractive.
- F Considerably less attractive.
- G Much less attractive.

**33** (WOMEN ONLY) In general, how did you feel about the way your body looked when you were pregnant?

- A Very attractive and feminine.
- B Funny and humorous.
- C Clumsy and awkward.
- D Very ugly and unfeminine.
- E No feelings one way or the other.
- F Not applicable.

**34** How important do you think physical attractiveness is in day-to-day social interaction for most persons?

- A Very important.
- B Moderately important.
- C Slightly important.
- D Almost irrelevant.

**35** How important do you think physical attractiveness is for most persons in acquiring mates?

- A Very important.
- B Moderately important.
- C Slightly important.
- D Almost irrelevant.

**36** How important do you think physical attractiveness is for most persons in acquiring sexual partners?

- A Very important.
- B Moderately important.
- C Slightly important.
- D Almost irrelevant.

**37** What are the most important factors for you in your selection of a marriage partner? Rank the following in order of importance by numbering from one to seven. Put a number beside each letter on the answer sheet.

- A Physical appearance.
- B Personality.
- C Affection and liking for me.
- D Intelligence.
- E Family background.
- F Financial resources and security.
- G Education or occupation.

**38** What are the most important factors for you in your selection of a sex partner? Rank the following in order of importance by numbering from one to seven. Put a number by each letter on the answer sheet.

- A Physical appearance.
- B Personality.
- C Affection and liking for me.
- D Intelligence.
- E Family background.
- F Financial resources and security.
- G Education or occupation.

**39** Have you experienced a sudden and permanent *positive* change in physical attractiveness (cosmetic surgery, dental surgery, rapid weight change, etc.)? (Check all the answers that are applicable.)

- A Never.
- B Early change (12 years or younger).
- C Adolescent change (13 to 19 years).
- D Young adult change (20 to 30 years).
- E Adult change (31 to 45 years).
- F Later change (46 or later).

**40** Have you experienced a sudden and permanent *negative* change in physical attractiveness (car accident, war injury, rapid weight change, etc.)? (Check all the answers that are applicable.)

- A Never.
- B Early change (12 years or younger).
- C Adolescent change (13 to 19 years).
- D Young adult change (20 to 30 years).
- E Adult change (31 to 45 years).
- F Late change (46 or later).

**41** How satisfied are you with your present marriage or cohabitation?

- A Very satisfied.
- B Somewhat satisfied.
- C Satisfied.
- D Somewhat dissatisfied.
- E Very dissatisfied.
- F Not applicable.

**42** How satisfied were you with your dating relationships during adolescence?

- A Very satisfied.
- B Somewhat satisfied.
- C Satisfied.
- D Somewhat dissatisfied.
- E Very dissatisfied.
- F Did not date.

# A Psychology Today Questionnaire

**43** If you are not married or cohabiting, how satisfied are you with your dating relationships now?

- A Very satisfied.
- B Somewhat satisfied.
- C Satisfied.
- D Somewhat dissatisfied.
- E Very dissatisfied.
- F Am not dating.
- G Not applicable.

**44** How satisfied are you with your occupation?

- A Very satisfied.
- B Somewhat satisfied.
- C Satisfied.
- D Somewhat dissatisfied.
- E Very dissatisfied.
- F Not applicable.

**45** Imagine a ladder with 10 rungs. The top rung (#10) represents the ideal, happy life. The bottom (#1) represents the worst possible life. Put a number by each letter on the answer sheet.

- A On what rung do you think you are now? \_\_\_\_\_
- B On what rung did you think you were as a child (12 or younger)? \_\_\_\_\_
- C On what rung were (are) you, as an adolescent (13 to 19 years)? \_\_\_\_\_
- D On what rung were you, are you, or do you expect to be as a young adult (20 to 30)? \_\_\_\_\_
- E On what rung were you, are you, or do you expect to be as a mature adult (31-45)? \_\_\_\_\_
- F On what rung were you, are you, or do you expect to be as a fully mature adult (46 or over)? \_\_\_\_\_

**46** How often do you dislike yourself?

- A Very often.
- B Fairly often.
- C Sometimes.
- D Rarely.
- E Practically never.

**47** When you talk in front of a class or group of persons of your own age, how apprehensive do you usually feel?

- A Very apprehensive.
- B Fairly apprehensive.
- C Slightly apprehensive.
- D Not very apprehensive.
- E Not at all apprehensive.

**48** How confident do you feel that some day the persons you know will look up to you and respect you?

- A Very confident.
- B Considerably confident.
- C Somewhat confident.
- D Not very confident.
- E Not at all confident.

**49** How often do you feel self-conscious?

- A Very often.
- B Fairly often.
- C Sometimes.
- D Rarely.
- E Practically never.

**50** How sure of yourself do you feel among strangers?

- A Very sure of myself.
- B Considerably sure of myself.
- C Somewhat sure of myself.
- D Not very sure of myself.
- E Not at all sure of myself.

**51** How confident are you that your success in your career is assured?

- A Very confident.
- B Considerably confident.
- C Somewhat confident.
- D Not very confident.
- E Not at all confident.

**52** How often do you worry about how well you get along with other persons?

- A Very often.
- B Fairly often.
- C Sometimes.
- D Rarely.
- E Practically never.

**53** How often do you feel that you have handled yourself well at a social gathering?

- A Very often.
- B Fairly often.
- C Sometimes.
- D Rarely.
- E Practically never.

**54** How uncomfortable are you when you start conversations with persons you don't know?

- A Very uncomfortable.
- B Moderately uncomfortable.
- C Slightly uncomfortable.
- D Not very uncomfortable.
- E Not at all uncomfortable.

**55** Overall, how confident do you feel about your abilities?

- A Very confident.
- B Considerably confident.
- C Somewhat confident.
- D Not very confident.
- E Not at all confident.

## TRAITS

Compared to the average person, I generally consider myself:

**56** More intelligent:

- A Strongly agree.
- B Moderately agree.
- C Slightly agree.
- D Slightly disagree.
- E Moderately disagree.
- F Strongly disagree.

**57** More likeable:

- A Strongly agree.
- B Moderately agree.
- C Slightly agree.
- D Slightly disagree.
- E Moderately disagree.
- F Strongly disagree.

**58** More assertive:

- A Strongly agree.
- B Moderately agree.
- C Slightly agree.
- D Slightly disagree.
- E Moderately disagree.
- F Strongly disagree.

**59** More emotional:

- A Strongly agree.
- B Moderately agree.
- C Slightly agree.
- D Slightly disagree.
- E Moderately disagree.
- F Strongly disagree.

**60** More conscientious:

- A Strongly agree.
- B Moderately agree.
- C Slightly agree.
- D Slightly disagree.
- E Moderately disagree.
- F Strongly disagree.

# Body Image

**61** In general, I find it difficult to relate well to persons of the *same* sex:

- A Strongly agree.
- B Moderately agree.
- C Slightly agree.
- D Slightly disagree.
- E Moderately disagree.
- F Strongly disagree.

**62** In general, I find it difficult to relate well to persons of the *opposite* sex:

- A Strongly agree.
- B Moderately agree.
- C Slightly agree.
- D Slightly disagree.
- E Moderately disagree.
- F Strongly disagree.

**63** One or more of my body features makes me a poor sex partner:

- A Strongly agree.
- B Moderately agree.
- C Slightly agree.
- D Slightly disagree.
- E Moderately disagree.
- F Strongly disagree.

*Please answer questions 64-77 in terms of your present partner. This may be your spouse, person with whom you cohabit, steady date, or a casual date whom you most prefer.*

**64** In the following questions, the person I describe as my partner will be:

- A My spouse.
- B The person with whom I cohabit.
- C My steady date.
- D An occasional but most preferred date.

**65** Describe your partner's desirability:

- A Much more desirable than I.
- B Slightly more desirable than I.
- C As desirable as I.
- D Slightly less desirable than I.
- E Much less desirable than I.
- F Not applicable.

**66** Describe your partner's physical appearance when you *first* met:

- A Much more attractive than I.
- B Slightly more attractive than I.
- C As attractive as I.
- D Slightly less attractive than I.
- E Much less attractive than I.
- F Not applicable.

**67** Describe your partner's physical appearance now:

- A Much more physically attractive than I.
- B Slightly more physically attractive than I.
- C As attractive as I.
- D Slightly less attractive than I.
- E Much less attractive than I.
- F Not applicable.

**68** How certain are you that you will be with your partner 10 years from now?

- A Very certain.
- B Somewhat certain.
- C Somewhat uncertain.
- D Very uncertain.
- E We will not be together.
- F Not applicable.

**69** In almost every relationship one person loves more than the other. Who now loves most in your relationship?

- A I love more.
- B We love equally.
- C My partner loves more.
- D Not applicable.

**70** In many marriage or dating relationships, one partner makes more effort to please. Describe the effort you now make:

- A Great effort.
- B Considerable.
- C Minimal.
- D None.
- E Not applicable.

**71** Describe the effort your partner now makes to please you:

- A Great effort.
- B Considerable.
- C Minimal.
- D None.
- E Not applicable.

**72** Most relationships, even happy ones, have some problems with sex. How important have sexual problems been in your present relationship?

- A Very important.
- B Somewhat important.
- C Not important.
- D No problems.
- E Not applicable.

**73** How many years have you been married to or cohabited with your present partner?

- A Six months or less.
- B Seven months to one year.
- C One to two years.
- D Three to five years.
- E Six to eight years.
- F Nine to 11 years.
- G Twelve to 15 years.
- H More than 15 years.
- I Not applicable.

**74** How long did you know your present partner before you married or cohabited?

- A Less than six months.
- B Six months to one year.
- C One to two years.
- D Three to four years.
- E Five to six years.
- F More than six years.
- G Not applicable.

**75** What is your partner's income?

- A Less than \$1,000.
- B One thousand to \$5,000.
- C Six thousand to \$10,000.
- D Eleven thousand to \$15,000.
- E Sixteen thousand to \$20,000.
- F Twenty-one thousand to \$25,000.
- G Twenty-six thousand to \$30,000.
- H Thirty-one thousand to \$35,000.
- I Thirty-six thousand to \$40,000.
- J Over \$40,000.

**76** What is your partner's occupation?

- A Professional with M.D., Ph.D., etc.
- B Nurse, schoolteacher, social worker, counselor.
- C Other professional (e.g., clergyman, artist, writer).
- D Manager, administrator, proprietor, businessman.
- E Secretary, clerical, sales.
- F Technician, craftsman.
- G Housewife.
- H Student.
- I Other.
- J Not applicable.

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**77** What level of education has your partner completed?

- A Grade school.
- B High-school graduate.
- C Some college.
- D College graduate.
- E Some graduate work.
- F Master's degree.
- G Ph.D., M.D., or other advanced degree.
- H Not applicable.

**78** When, after your present or most recent marriage or cohabitation, did you first have sex with someone else?

- A Less than a year.
- B One to two years.
- C Three to five years.
- D Six to eight years.
- E Nine to 11 years.
- F Twelve to 15 years.
- G Sixteen or more years.
- H Never.
- I Not applicable.

**79** With how many other persons have you had sex during your present or most recent marriage or cohabitation?

- A None.
- B One.
- C Two or three.
- D Four to 10.
- E Eleven to 20.
- F Twenty-one to 50.
- G More than 50.
- H Not applicable.

**80** In the past six months, how often on the average did you engage in sexual intercourse?

- A Not at all.
- B A few times.
- C Once or twice a month.
- D Once or twice a week.
- E Three or four times a week.
- F Five or more times a week.
- G Daily or more often.

**81** Which of the following describes your general experience with sexual intercourse?

- A Very enjoyable.
- B Usually enjoyable.
- C Enjoyable about half the time.
- D Neither enjoyable nor unenjoyable.
- E Fairly unenjoyable.
- F Very unenjoyable.
- G Not applicable.

**82** What has been your experience with homosexuality?

- A I have always been homosexual.
- B I used to prefer homosexuality, but do not now.
- C I used to prefer heterosexuality, but do not now.
- D I am bisexual.
- E I have always been heterosexual, but have considered homosexuality.
- F I have always been heterosexual, and would not consider homosexuality.

**83** During what period of your life did you prefer homosexual or Lesbian relations?

- A Between 12 and 15.
- B Between 16 and 19.
- C Between 20 and 30.
- D Between 31 and 45.
- E After 45.
- F Intermittently.
- G Always.
- H Never, but I have considered it.
- I Never.

**84** How old were you at the time of your first homosexual intercourse?

- A Fourteen or younger.
- B Fifteen to 16 years.
- C Seventeen to 19 years.
- D Twenty to 25 years.
- E Twenty-six to 30 years.
- F Over 30.
- G Never, but I have considered it.
- H Never.

**85** How old were you at the time of your first heterosexual intercourse?

- A Fourteen or younger.
- B Fifteen to 16 years.
- C Seventeen to 19 years.
- D Twenty to 25 years.
- E Twenty-six to 30 years.
- F Over 30.
- G Never, but I have considered it.
- H Never.

**86** How many sexual partners of the opposite sex have you had?

- A None.
- B One.
- C Two or three.
- D Four to 10.
- E Eleven to 20.
- F Twenty-one to 50.
- G More than 50.

**87** How many sexual partners of the same sex have you had?

- A None.
- B One.
- C Two or three.
- D Four to 10.
- E Eleven to 20.
- F Twenty-one to 50.
- G More than 50.

**88** How tall are you? \_\_\_\_\_ ft. \_\_\_\_\_ in.

**89** How much do you weigh? \_\_\_\_\_

**90** What is your sex?

- A Female.
- B Male.

**91** What is your age?

- A Under 17.
- B Eighteen to 19.
- C Twenty to 24.
- D Twenty-five to 29.
- E Thirty to 34.
- F Thirty-five to 39.
- G Forty to 44.
- H Forty-five to 54.
- I Fifty-five to 64.
- J Over 65.

**92** What is your marital status?

- A Single, never married.
- B Single, never married but cohabiting.
- C Divorced or separated.
- D Divorced or separated but cohabiting.
- E Married (first marriage).
- F Remarried.
- G Widowed.

# Body Image

**93** How many children do you have?

- A None.
- B One.
- C Two.
- D Three.
- E Four.
- F Five.
- G More than five.

**94** How old were you when you first married or cohabited?

- A Fifteen or younger.
- B Sixteen to 18.
- C Nineteen to 21.
- D Twenty-two to 24.
- E Twenty-five to 30.
- F Thirty or later.
- G Not applicable.

**95** How many times have you cohabited?

- A Once.
- B Twice.
- C Three times.
- D Four times.
- E Five times or more.
- F Not applicable.

**96** What is your annual income (not including your partner's or that of other family members)?

- A Less than \$1,000.
- B One thousand dollars to \$5,000.
- C Six thousand dollars to \$10,000.
- D Eleven thousand dollars to \$15,000.
- E Sixteen thousand dollars to \$20,000.
- F Twenty-one thousand dollars to \$25,000.
- G Twenty-six thousand dollars to \$30,000.
- H Thirty-one thousand dollars to \$35,000.
- I Thirty-six thousand dollars to \$40,000.
- J Over \$40,000.

**97** What is your occupation?

- A Professional with M.D., Ph.D., etc.
- B Nurse, schoolteacher, social worker, counselor.
- C Other professional (e.g., clergyman, artist, writer).
- D Manager, administrator, proprietor, businessman.
- E Secretary, clerical, sales.
- F Technician, craftsman.
- G Housewife.
- H Student.
- I Other.
- J Not applicable.

**98** What level of education have you completed?

- A Grade school.
- B High-school graduate.
- C Some college.
- D College graduate.
- E Some graduate work.
- F Master's degree.
- G Ph.D., M.D., or other advanced degree.
- H Not applicable.

**99** What is your present religious preference?

- A Atheist, agnostic.
- B Unitarian.
- C Jewish.
- D Protestant.
- E Roman Catholic.
- F Mormon.
- G An Eastern religion.
- H Other.

**100** What kind of religious instruction did you receive when you were a child?

- A Atheist, agnostic.
- B Unitarian.
- C Jewish.
- D Protestant.
- E Roman Catholic.
- F Mormon.
- G An Eastern religion.
- H Other.

**101** How religious would you say you are?

- A Very religious.
- B Somewhat religious.
- C Slightly religious.
- D Not at all religious.
- E Antireligious.

**102** How many of your siblings are of the same sex as you?

- A None.
- B One.
- C Two.
- D Three.
- E Four or more.
- F I am an only child.

**103** Within your family what birth position do you hold?

- A The only child.
- B First born.
- C Born second, but not last.
- D Born third or later, but not last.
- E Born last.

**104** To which racial group do you belong?

- A Caucasian.
- B Negro.
- C Oriental.
- D Other.

**105** What is the population of the city or community you live in?

- A Less than 1,000.
- B One thousand to 5,000.
- C Five thousand to 10,000.
- D Ten thousand to 50,000.
- E Fifty thousand to 100,000.
- F One hundred thousand to 500,000.
- G Five hundred thousand to 1,000,000.
- H Over 1,000,000.

**106** How would you describe the area you live in?

- A Rural.
- B Suburban.
- C Urban.

**107** What area of the country do you live in?

- A West.
- B Southwest and Mountain states.
- C Midwest.
- D South.
- E New England and Middle Atlantic states.
- F Hawaii or Alaska.
- G Another country.

**108** Within the last 10 years, how many times have you moved from one city or community to another?

- A Never.
- B Once.
- C Twice.
- D Three or four times.
- E Five or six times.
- F More than six times.

**109** In what size city did you live most of the time when you were growing up?

- A Less than 1,000.
- B One thousand to 5,000.
- C Five thousand to 10,000.
- D Ten thousand to 50,000.
- E Fifty thousand to 100,000.
- F One hundred thousand to 500,000.
- G Five hundred thousand to 1,000,000.
- H Over 1,000,000.

Please put your answers on one of the bound-in self-addressed response cards and mail it by July 31. 

**Body-Image Response Card.**

- |    |               |    |                       |    |                     |     |                            |
|----|---------------|----|-----------------------|----|---------------------|-----|----------------------------|
| 1  | A B C D E F   | 28 | A B C D E F G         | 55 | A B C D E           | 82  | A B C D E F                |
| 2  | A B C D E F   | 29 | A B C D E F G H       | 56 | A B C D E F         | 83  | A B C D E F G H I          |
| 3  | A B C D E F   | 30 | A B C D E F G H       | 57 | A B C D E F         | 84  | A B C D E F G H            |
| 4  | A B C D E F   | 31 | A B C D E F G H       | 58 | A B C D E F         | 85  | A B C D E F G H            |
| 5  | A B C D E F   | 32 | A B C D E F G         | 59 | A B C D E F         | 86  | A B C D E F G              |
| 6  | A B C D E F   | 33 | A B C D E F           | 60 | A B C D E F         | 87  | A B C D E F G              |
| 7  | A B C D E F   | 34 | A B C D               | 61 | A B C D E F         | 88  | _____ft. _____in. 89 _____ |
| 8  | A B C D E F   | 35 | A B C D               | 62 | A B C D E F         | 90  | A B                        |
| 9  | A B C D E F   | 36 | A B C D               | 63 | A B C D E F         | 91  | A B C D E F G H I J        |
| 10 | A B C D E F   | 37 | A__B__C__D__E__F__G__ | 64 | A B C D             | 92  | A B C D E F G              |
| 11 | A B C D E F   | 38 | A__B__C__D__E__F__G__ | 65 | A B C D E F         | 93  | A B C D E F G              |
| 12 | A B C D E F   | 39 | A B C D E F           | 66 | A B C D E F         | 94  | A B C D E F G              |
| 13 | A B C D E F   | 40 | A B C D E F           | 67 | A B C D E F         | 95  | A B C D E F                |
| 14 | A B C D E F   | 41 | A B C D E F           | 68 | A B C D E F         | 96  | A B C D E F G H I J        |
| 15 | A B C D E F   | 42 | A B C D E F           | 69 | A B C D             | 97  | A B C D E F G H I J        |
| 16 | A B C D E F   | 43 | A B C D E F G         | 70 | A B C D E           | 98  | A B C D E F G H            |
| 17 | A B C D E F   | 44 | A B C D E F           | 71 | A B C D E           | 99  | A B C D E F G H            |
| 18 | A B C D E F   | 45 | A__B__C__D__E__F__    | 72 | A B C D E           | 100 | A B C D E F G H            |
| 19 | A B C D E F   | 46 | A B C D E             | 73 | A B C D E F G H I   | 101 | A B C D E                  |
| 20 | A B C D E F   | 47 | A B C D E             | 74 | A B C D E F G       | 102 | A B C D E F                |
| 21 | A B C D E F   | 48 | A B C D E             | 75 | A B C D E F G H I J | 103 | A B C D E                  |
| 22 | A B C D E F   | 49 | A B C D E             | 76 | A B C D E F G H I J | 104 | A B C D                    |
| 23 | A B C D E F   | 50 | A B C D E             | 77 | A B C D E F G H     | 105 | A B C D E F G H            |
| 24 | A B C D E F   | 51 | A B C D E             | 78 | A B C D E F G H I   | 106 | A B C                      |
| 25 | A B C D E F   | 52 | A B C D E             | 79 | A B C D E F G H     | 107 | A B C D E F G              |
| 26 | A B C D E     | 53 | A B C D E             | 80 | A B C D E F G       | 108 | A B C D E F                |
| 27 | A B C D E F G | 54 | A B C D E             | 81 | A B C D E F G       | 109 | A B C D E F G H            |

Check or fill in the answer or answers to each question, tear out, and mail to PT.

**Body-Image Response Card.**

- |    |               |    |                       |    |                     |     |                            |
|----|---------------|----|-----------------------|----|---------------------|-----|----------------------------|
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| 6  | A B C D E F   | 33 | A B C D E F           | 60 | A B C D E F         | 87  | A B C D E F G              |
| 7  | A B C D E F   | 34 | A B C D               | 61 | A B C D E F         | 88  | _____ft. _____in. 89 _____ |
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| 19 | A B C D E F   | 46 | A B C D E             | 73 | A B C D E F G H I   | 101 | A B C D E                  |
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| 22 | A B C D E F   | 49 | A B C D E             | 76 | A B C D E F G H I J | 104 | A B C D                    |
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| 24 | A B C D E F   | 51 | A B C D E             | 78 | A B C D E F G H I   | 106 | A B C                      |
| 25 | A B C D E F   | 52 | A B C D E             | 79 | A B C D E F G H     | 107 | A B C D E F G              |
| 26 | A B C D E     | 53 | A B C D E             | 80 | A B C D E F G       | 108 | A B C D E F                |
| 27 | A B C D E F G | 54 | A B C D E             | 81 | A B C D E F G       | 109 | A B C D E F G H            |

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