



Body Image Screen- Gender Spectrum (BIS-GS) (Adapted)

DIRECTIONS: Choose two answers for each body part. (1) Check the most appropriate box as to how you feel for each specific body part, and (2) choose yes or no as to whether you would want to change each body part if it was possible through medical or surgical treatment.

If you do not have the body part, first choose no (don't have), then check the most appropriate box as to how you feel about NOT having that body part. Then choose yes or no as to whether you would want to change that body part if it was possible through medical or surgical treatment.

1. Nose

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

2. Shoulders

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐



No ☐

3. Hips

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

4. Chin

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

5. Calves

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐



	Neutral (3) <input type="checkbox"/>
	Dissatisfied (4) <input type="checkbox"/>
	Very Dissatisfied (5) <input type="checkbox"/>

Change?	Yes <input type="checkbox"/>
	No <input type="checkbox"/>

6. Breasts

Have?	Yes <input type="checkbox"/>
	No <input type="checkbox"/>

	Very Satisfied (1) <input type="checkbox"/>
	Satisfied (2) <input type="checkbox"/>
	Neutral (3) <input type="checkbox"/>
	Dissatisfied (4) <input type="checkbox"/>
	Very Dissatisfied (5) <input type="checkbox"/>

Change?	Yes <input type="checkbox"/>
	No <input type="checkbox"/>

7. Hands

Have?	Yes <input type="checkbox"/>
	No <input type="checkbox"/>

	Very Satisfied (1) <input type="checkbox"/>
	Satisfied (2) <input type="checkbox"/>
	Neutral (3) <input type="checkbox"/>
	Dissatisfied (4) <input type="checkbox"/>
	Very Dissatisfied (5) <input type="checkbox"/>

Change?	Yes <input type="checkbox"/>
	No <input type="checkbox"/>



8. Adam's apple

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

9. Vagina

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

10. Scrotum

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐



Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

11. Height

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

12. Thighs

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

13. Arms



Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

14. Eyebrows

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

15. Clitoris

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐



No ☐

16. Penis

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

17. Waist

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

18. Muscles

Have?

Yes ☐

No ☐



Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

19. Buttocks/Butt

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

20. Facial Hair

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐



21. Face

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

22. Weight

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

23. Biceps

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐



Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

24. Ovaries-uterus

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

25. Testicles

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

26. Hair (on head)



Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

27. Voice

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

28. Feet

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐



No ☐

29. Figure

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

30. Body Hair

Have?

Yes ☐

No ☐

Very Satisfied (1) ☐

Satisfied (2) ☐

Neutral (3) ☐

Dissatisfied (4) ☐

Very Dissatisfied (5) ☐

Change?

Yes ☐

No ☐

31. Chest

Have?

Yes ☐

No ☐



Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

32. Appearance

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐

33. Stature

Have?

Yes ☐
No ☐

Very Satisfied (1) ☐
Satisfied (2) ☐
Neutral (3) ☐
Dissatisfied (4) ☐
Very Dissatisfied (5) ☐

Change?

Yes ☐
No ☐



Adapted from the BIS-GS*

McGuire, J., Spencer, K., Rider, G.N., & Berg, D. (2016). Body image scale-gender spectrum. [Adapted from: Lindgren, T.W. & Pauly, I.B. Body Image Scale. Arch Sex Behav (1975) 4: 639. doi:10.1007/BF01544272] Unpublished, University of Minnesota.

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