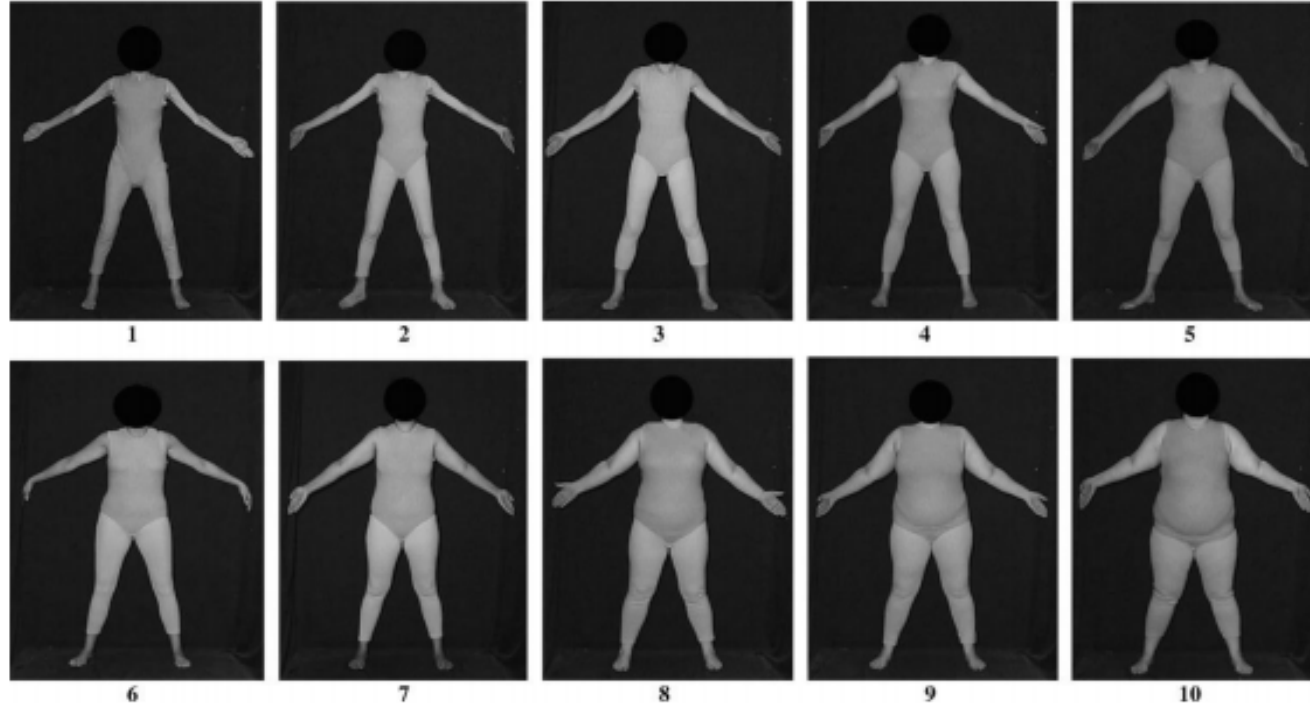


Photographic figure rating scale by Swami et al. (2008)



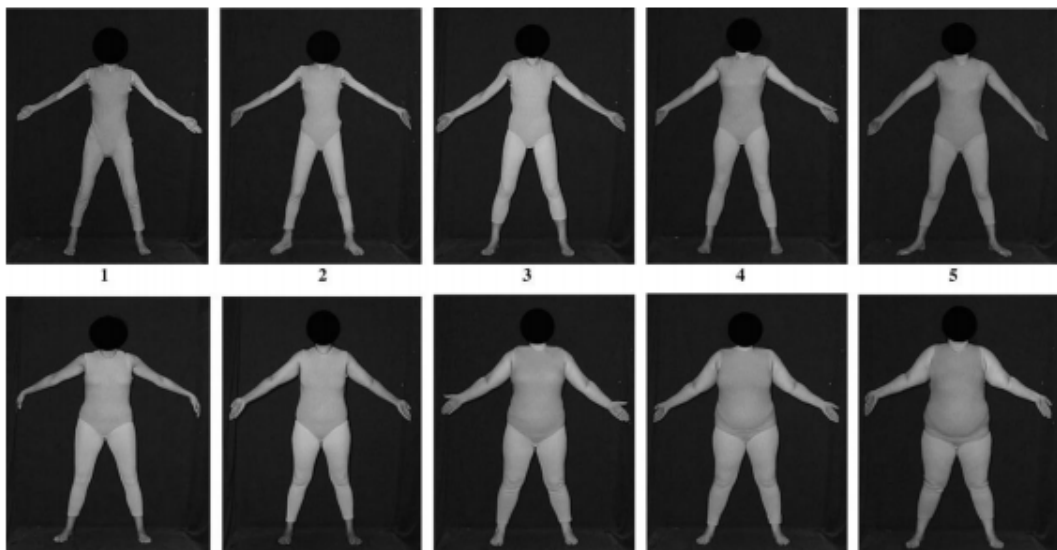
3.3.1 Perceptual Body Image: Body-discrepancy (PAGE 41 of the Study)

The first hypothesis of this study aims at investigating the manipulations effect on the respondents perceptual body image. To be able to study a skinny mirrors effect on the perceptual body image, Swami et al. (2008) "Photographic Figure Rating scale" (PFRS) (Figure 8) was applied. This is the figure rating scale which has been proved to have the highest validity and reliability when studying perceptual female body image through figural drawing scales (Gardner & Brown, 2010). Respondents were asked to choose from 10 pictures of female bodies, ranging from underweight (BMI, 12.51) to overweight (BMI, 41.23), the body most representative of their own as they perceive is and their ideal body as they see it (Figure 10, Question 1). The gap, in terms of BMI, between the chosen actual and ideal bodies, is a measure of bodydiscrepancy, which the most typical measurements of perceptual body image (Swami et al., 2008). In addition, the participants self-reported actual BMI was compared to their guessed BMI, as selected through the PFRS, to investigate if a skinny mirror leads to body size distortion.

A short questionnaire for women.

HOW DO YOU SEE YOURSELF?

Answer the questions below using the photographic figure rating scale.



Photographic figure rating scale by Swami et al. (2008)

Q1. Which image do you feel best represents your body? _____

Q2. Calculate your average Body Mass Index using the chart below. _____

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	
HEIGHT in/cm	Underweight					Healthy					Overweight					Obese					Extremely obese				
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40		
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39	
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38	
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37	
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34	
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33	
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32	
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31	
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30	
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26	
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26	

Q3. Select the number in the Figure Scale column that relates to your Body Mass Index from Q2.

BODY MASS INDEX	FIGURE SCALE
12-14	1
15-17	2
18-20	3
21-23	4
24-26	5
27-29	6
30-32	7
33-35	8
36-38	9
39-41	10

ENTER YOUR ANSWERS HERE

Q1 _____ **Q3** _____

Your answer to Q1 represents your “perceived” body or how you see yourself. Q3 represents your “actual*” body - what you look like to everyone else. The gap between your “perceived” body and your “actual” body shows the discrepancy between how you see yourself and what you actually look like*.

*The Body Mass Index chart is based on the average woman. Slight variation in your Body Mass will be dependent on other factors (activity level, bone mass, etc). A health care provider can provide you with an accurate number.