Assignment #3: Body Image and Exercise Dependence

Student Name: _______________________________________

Date: ________________________________

Assignment:
(a). Take the Exercise Dependence Scale (EDS), Drive for Thinness Subscale (DTS) of the Eating Disorders Inventory-2, and the Body Areas Satisfaction Scale (BASS) of the Multidimensional Body Self-Relations Questionnaire.
(b). Score the questionnaires and interpret your findings.
(c). Interview two people that you know (1 male, 1 female) about his/her body image and exercise habits (use the questions in part C as a guide).
(d). Prepare a 2-3 page report comparing and contrasting your findings and your participants’ interview responses about exercise and body image and incorporating information from the text, class discussion, and your personal experience.
Exercise Dependence Scale (EDS; Hausenblas & Symons Downs, 2002)

Instructions. Using the scale provided below, please complete the following questions as honestly as possible. The questions refer to current exercise beliefs and behaviors that have occurred in the past 3 months. Please place your answer in the blank space provided after each statement.

1 2 3 4 5 6
Never Always

1. I exercise to avoid feeling irritable.
2. I exercise despite recurring physical problems.
3. I continually increase my exercise intensity to achieve the desired effects/benefits.
4. I am unable to reduce how long I exercise.
5. I would rather exercise than spend time with family/friends.
6. I spend a lot of time exercising.
7. I exercise longer than I intend.
8. I exercise to avoid feeling anxious.
9. I exercise when injured.
10. I continually increase my exercise frequency to achieve the desired effects/benefits.
11. I am unable to reduce how often I exercise.
12. I think about exercise when I should be concentrating on school/work.
13. I spend most of my free time exercising.
15. I exercise to avoid feeling tense.
16. I exercise despite persistent physical problems.
17. I continually increase my exercise duration to achieve the desired effects/benefits.
18. I am unable to reduce how intense I exercise.
19. I choose to exercise so that I can get out of spending time with family/friends.
20. A great deal of my time is spent exercising.
21. I exercise longer than I plan.
(A). Drive for Thinness Subscale (DTS; Gardner, 1991)

**Instructions**: using the scale provided below, please complete the following questions as honestly as possible. For each item, decide if the item is true about you never (1), rarely (2), sometimes (3), often (4), usually (5), or always (6).

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>never</td>
<td>rarely</td>
<td>sometimes</td>
<td>often</td>
<td>usually</td>
<td>always</td>
</tr>
</tbody>
</table>

1. I eat sweets and carbohydrates without feeling nervous._____
2. I think about dieting._____
3. I feel extremely guilty after overeating._____
4. I am terrified about gaining weight._____
5. I exaggerate or magnify the importance of weight._____
6. I am preoccupied with the desire to be thinner._____
7. If I gain a pound, I worry that I will keep gaining._____

(A). Body Areas Satisfaction Scale (BASS; MBSRQ)

**Instructions.** The following statements pertain to how people might think, feel, or behave. Using the scale below, please indicate the extent to which each item relates to you personally. Please place your answer in the blank space provided after each statement.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very dissatisfied</td>
<td>Mostly dissatisfied</td>
<td>Neither satisfied nor dissatisfied</td>
<td>Mostly satisfied</td>
<td>Very satisfied</td>
</tr>
</tbody>
</table>

1. Face (facial features, complexion) _____
2. Hair (color, thickness, texture)_____
3. Lower torso (buttocks, hips, thighs, legs)_____
4. Mid torso (waist, stomach)_____
5. Upper torso (chest, breasts, shoulders, arms)_____
6. Muscle tone_____
7. Weight_____
8. Height_____
(B). Scoring Guide: Exercise Dependence Scale

1. Score the subscales:

<table>
<thead>
<tr>
<th>Component</th>
<th>Item Numbers</th>
<th>Subscale Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Withdrawal Effects (WE)</td>
<td>1,8,15</td>
<td></td>
</tr>
<tr>
<td>Continuance (C)</td>
<td>2,9,16</td>
<td></td>
</tr>
<tr>
<td>Tolerance (To)</td>
<td>3,10,17</td>
<td></td>
</tr>
<tr>
<td>Lack of Control (LC)</td>
<td>4,11,18</td>
<td></td>
</tr>
<tr>
<td>Reduction in Other Activities (RA)</td>
<td>5,12,19</td>
<td></td>
</tr>
<tr>
<td>Time (Ti)</td>
<td>6,13,20</td>
<td></td>
</tr>
</tbody>
</table>

2. Plot the subscale scores:

3. Interpret your scores (i.e., high and low subscales, what do these subscales tell you about your exercise habits? You may need to refer to your text/notes to refresh your memory regarding the EDS subscales)
(B). Scoring Guide: Drive for Thinness Subscale

1. Recode and Score the DTS:

| Recode items using the following codes: (1=0) (2=0) (3=0) (4=1) (5=2) (6=3). |
| Add the new recoded 7 items to create a total score = ________ |
| A higher score on the recoded items = more drive for thinness, and a stronger preoccupation with losing weight. |

2. Interpret your score on the DTS (i.e., what does your score mean – is it high, low, etc and what does this tell you about a preoccupation with your weight?)
(B). Scoring Guide: Body-Areas Satisfaction Scale

1. Create a total BASS score:

<table>
<thead>
<tr>
<th>Item 1</th>
<th>Item 2</th>
<th>Item 3</th>
<th>Item 4</th>
<th>Item 5</th>
<th>Item 6</th>
<th>Item 7</th>
<th>Item 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

   Total items 1-8. Score = ______

   A higher score on items 1-8 = more satisfaction with one’s body.

2. Plot your individual BASS items:

3. Interpret your BASS scores (i.e., what did you rate yourself highest/lowest on – what does this scale tell you about your body satisfaction, is this accurate?)
(C). Interview Questions

First name: __________________ Relationship to you: __________________
Date of interview: __________

1. How would you describe your exercise habits (e.g., are you a regular exerciser, over-exerciser, sedentary?) How would others around you (e.g., friends, family, roommates) classify your exercise behaviors?

2. What is it about exercise that you like the most?

3. If you were to use the following scale to rate your satisfaction with your body: 1 = low satisfaction, 10 = high satisfaction, what is your rating? _____ Why did you rate your satisfaction this way?

4. Is there anything about your body that you would most like to change and why? How do your exercise habits influence your body satisfaction?

5. Any additional comments:

Signature of Interviewee: ______________________________________________
(C). Interview Questions

First name: ____________________ Relationship to you: ____________________
Date of interview: ____________

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5. Any additional comments:

Signature of Interviewee: ______________________________________________