Body satisfaction (Fitness magazines effect)

I, Alexa Oswald, want to thank you for helping me in my data collection for my Communication Studies Senior Thesis. Please read and select your answer from the Privacy Statement below. Thank you again, and please put some time into your answers. The survey should take no longer than 10 minutes.

***1. This survey is for data collection for my Communication Studies Senior Thesis. Participation is voluntary, and you may back out at any time. Please do not put your name anywhere on this survey. After the research is completed, all data will be deleted permanently. Confidentiality is of the utmost importance.**

- ○ YES, I agree to participate
- ○ NO, I wish to not participate

***2. Please specify your gender.**

- ○ Male
- ○ Female

***3. How would you rate your current physique in comparison to your goal body (ideal body)?**

- ○ Excellent
- ○ Very good
- ○ Good
- ○ Fair
- ○ Poor

***4. Do you participate in sports?**

- ☐ Collegiate
- ☐ Intermural
- ☐ Club
- ☐ Pickup games
- ☐ Never

***5. How often so you go to the gym or work out any given week?**

- ○ Never
- ○ Light workout in my room
- ○ Once a week
- ○ Twice a week
- ○ Three times a week
- ○ Four times a week
- ○ Five times a week
- ○ Every day of the week
- ○ Multiple times every day of the week

The following were selected from a questionnaire by Pitura (2010).

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***6. Has the media ever influenced your own personal body image?**

- ○ Yes
- ○ No

***7. Which form(s) of media impacts your view on a healthy body? Please select all that apply.**

- ☐ Print (Magazine and newspaper articles, books, etc.)
- ☐ Visual Ads (In magazines, billboards, etc.)
- ☐ Television and movies
- ☐ Radio
- ☐ Online content

***8. How often do you read the magazine, Men's Fitness?**

- ○ I glance at the cover(0-1 time a month)
- ○ I might skim through it (once or twice a month)
- ○ I read it every month (3-6 times a month)
- ○ I subscribe or purchase it every month (6-9 times a month)
- ○ I read current and back issues weekly to help with my workout or for the articles(10+ times a month)

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*9. Body Assessment Scale (as cited in Lorenzen, Grieves, and Thomas, 2004)

Please answer how you feel about following parts of your body.

	Strongly Negative		Neutral		Strongly Positive
Weight	○	○	○	○	○
Face	○	○	○	○	○
Body shape	○	○	○	○	○
Thighs	○	○	○	○	○
Upper body strength	○	○	○	○	○
Waist	○	○	○	○	○
Reflexes	○	○	○	○	○
Health	○	○	○	○	○
Shoulders	○	○	○	○	○
Physical stamina	○	○	○	○	○
Agility	○	○	○	○	○
Biceps	○	○	○	○	○
Lower body strength	○	○	○	○	○
Chest	○	○	○	○	○
Chin	○	○	○	○	○
Energy level	○	○	○	○	○
Body build	○	○	○	○	○
Physical coordination	○	○	○	○	○
Buttocks	○	○	○	○	○
Calves	○	○	○	○	○
Stomach	○	○	○	○	○
Physical condition	○	○	○	○	○
Triceps	○	○	○	○	○
Abdominal Muscles	○	○	○	○	○
Leg	○	○	○	○	○

The following 15 questions include cover pictures from Men's Fitness magazine.

*10. How does the photo below compare to your ideal body type?

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #1	○	○	○	○	○

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***11. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #2	○	○	○	○	○

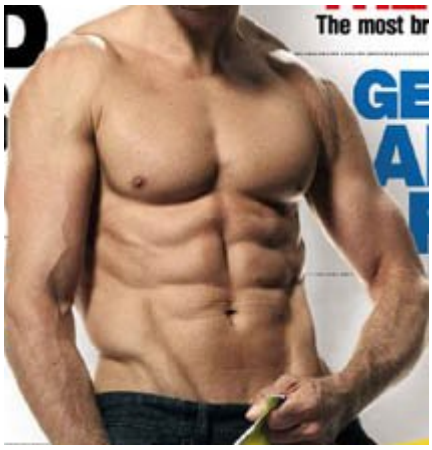
***12. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #3	○	○	○	○	○

Body satisfaction (Fitness magazines effect)

***13. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #4	○	○	○	○	○



***14. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #5	○	○	○	○	○

Body satisfaction (Fitness magazines effect)

***15. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #6	○	○	○	○	○

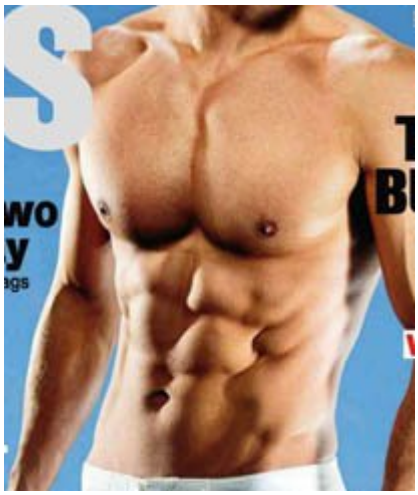
***16. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #7	○	○	○	○	○

Body satisfaction (Fitness magazines effect)

***17. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #8	○	○	○	○	○



***18. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #9	○	○	○	○	○

Body satisfaction (Fitness magazines effect)

***19. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #10	○	○	○	○	○

***20. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #11	○	○	○	○	○

Body satisfaction (Fitness magazines effect)

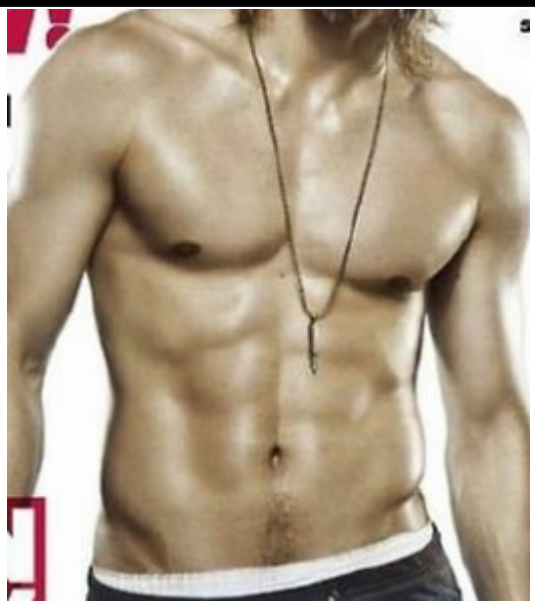
***21. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #12	○	○	○	○	○

***22. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #13	○	○	○	○	○

Body satisfaction (Fitness magazines effect)



***23. How does the photo below compare to your ideal body type?**

	Not ideal, not muscular, not satisfactory		Almost ideal, relatively muscular, relatively satisfactory		Very ideal, very muscular, very satisfactory
Image #14	○	○	○	○	○

Body satisfaction (Fitness magazines effect)

***24. Body Assessment Scale, #2 (as cited in Lorenzen, Grieves, and Thomas, 2004)**

Please answer how you feel about following parts of your body.

	Strongly Negative		Neutral		Strongly Positive
Weight	○	○	○	○	○
Face	○	○	○	○	○
Body shape	○	○	○	○	○
Thighs	○	○	○	○	○
Upper body strength	○	○	○	○	○
Waist	○	○	○	○	○
Reflexes	○	○	○	○	○
Health	○	○	○	○	○
Shoulders	○	○	○	○	○
Physical stamina	○	○	○	○	○
Agility	○	○	○	○	○
Biceps	○	○	○	○	○
Lower body strength	○	○	○	○	○
Chest	○	○	○	○	○
Chin	○	○	○	○	○
Energy level	○	○	○	○	○
Body build	○	○	○	○	○
Physical coordination	○	○	○	○	○
Buttocks	○	○	○	○	○
Calves	○	○	○	○	○
Stomach	○	○	○	○	○
Physical condition	○	○	○	○	○
Triceps	○	○	○	○	○
Abdominal Muscles	○	○	○	○	○
Leg	○	○	○	○	○

***25. How would you rate your current physique in comparison to your goal body (ideal body)?**

- ○ Excellent
- ○ Very good
- ○ Good
- ○ Fair
- ○ Poor

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*26. What is your race?

- ☐ American Indian/Alaska Native
- ☐ Asian
- ☐ Black or African American
- ☐ Native Hawaiian or Pacific Islander
- ☐ White (Hispanic/Latino)
- ☐ White (Caucasian)

*27. Age

- ○ 17-20
- ○ 21-23
- ○ 24-26