

Physical Self-Comparison Scale (PSCS)

Administration

The physical Self-Comparison Scale (PSCS) is a self-report measure designed to assess individuals' general tendency to engage in social comparisons related to one's physical appearance and abilities. The scale consists of 27 items rated on a 6-point Likert-type scale ranging from 1 (*strongly disagree*) to 6 (*strongly agree*).

Respondents should be instructed to consider their general tendency to compare themselves to others when responding to each item. There are not right or wrong answers, and respondents should be encouraged to answer as honestly as possible.

To minimize potential order effects, PSCS items should be presented in a randomized order for each respondent whenever possible.

Scoring

PSCS items are scored such that higher values reflect a greater tendency to engage in physical self-related social comparisons. No items require reverse scoring.

Subscale scores are calculated by averaging responses to the items corresponding to each domain:

- Facial Appearance (FA): Items 1-3
- Body Shape (BSH): Items 4-6
- Body Size (BSI): Items 7-9
- Body Fat (BF): Items 10-12
- Muscular Appearance (MA): Items 13-15
- Physical Coordination (PC): Items 16-18
- Physical Endurance (PE): Items 19-21
- Physical Flexibility (PF): Items 22-24
- Physical Strength (PS): items 25-27

A total PSCS score may be computed by averaging all 27 items to reflect overall physical self-comparison tendencies.

Mean-based scoring is recommended for ease of interpretation and comparability across studies. When used in bifactor or hierarchical modeling contexts, subscale scores should be interpreted as reflecting both domain-specific variance and variance shared with the global physical self-comparison factor.

Use and Permissions

The PSCS is free to use for research and educational purposes. Users are asked to cite the original scale development article when using the measure.

Instructions

People sometimes compare themselves to others when it comes to their physical self—how their body looks, what it can do, and how it functions day-to-day. For example, you might compare your facial features, body shape or size, strength, coordination, or physical performance.

Think about your general tendency to compare yourself to others. Please use the following scale to rate your level of agreement with each statement. Remember, there are no right or wrong answers, so please be as honest as possible.

	Strongly disagree 1	Disagree 2	Slightly disagree 3	Slightly agree 4	Agree 5	Strongly Agree 6
Item						Subscale
1.	I often compare my facial appearance to others.					FA
2.	I compare my facial appearance to others.					FA
3.	I tend to evaluate whether my facial appearance looks better or worse compared to those around me.					FA
4.	I often compare my body shape to others.					BSH
5.	I compare myself to others when evaluating the shape of my body.					BSH
6.	I compare my body shape to others.					BSH
7.	I compare myself to others when evaluating the size of my body.					BSI
8.	I compare my body size to others.					BSI
9.	I tend to evaluate whether my body size looks bigger or smaller compared to those around me.					BSI
10.	I am often inclined to compare my body fat to others.					BF
11.	I compare myself to others when evaluating my body fat.					BF
12.	I compare my body fat to others.					BF
13.	I tend to compare how muscular I look to others.					MA
14.	I compare myself to others when evaluating how muscular my body looks.					MA
15.	I compare the appearance of my muscles to others.					MA
16.	When engaging in a physical task, I tend to compare my physical coordination to others.					PC
17.	I compare my physical coordination to others.					PC
18.	I tend to evaluate whether my body is more or less physically coordinated compared to those around me.					PC
19.	When engaging in a physical task, I tend to compare my physical endurance to others.					PE
20.	I compare my physical endurance to others.					PE
21.	I tend to evaluate whether I have more or less physical endurance compared to those around me.					PE
22.	When engaging in a physical task, I tend to compare my physical flexibility to others.					PF
23.	I compare my physical flexibility to others.					PF
24.	I tend to evaluate whether my body is more or less physically flexible compared to those around me.					PF
25.	When engaging in a physical task, I tend to compare my physical strength to others.					PS
26.	I compare my physical strength to others.					PS
27.	I tend to evaluate whether my body is more or less physically strong compared to those around me.					PS

Notes. FA = Facial Appearance, BSH = Body Shape, BSI = Body Size, BF = Body Fat, MA = Muscular Appearance, PC = Physical Coordination, PE = Physical Endurance, PF = Physical Flexibility, PS = Physical Strength.

Reference

Sick, K., Prapavessis, H., & Pila, E. (In Press). The Physical Self Comparison Scale (PSCS): A multidimensional measure of social comparison tendencies in adults. *Body Image*.