Body Image–Acceptance and Action Questionnaire–5 (BI-AAQ-5)

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Items and response scale reproduced verbatim from the article's Appendix (manuscript p. 40; PDF page 41).

Response scale

1	2	3	4	5	6	7
Never True	Very Seldom True	Seldom True	Sometimes True	Frequently True	Almost Always True	Always True

#	Item	1	2	3	4	5	6	7
1	Worrying about my weight makes it difficult for me to live a life that I value.	○	○	○	○	○	○	○
2	I shut down when I feel bad about my body shape or weight.	○	○	○	○	○	○	○
3	My thoughts and feelings about my body weight and shape must change before I can take important steps in my life.	○	○	○	○	○	○	○
4	I will have better control over my life if I can control my negative thoughts about my body.	○	○	○	○	○	○	○
5	Feeling fat causes problems in my life.	○	○	○	○	○	○	○

The article's Appendix supplies no respondent directions; none have been added.

Scoring: exact wording from the article

Methods, "Body image flexibility", manuscript p. 13 (PDF page 14). This quotation describes the parent 12-item BI-AAQ, not a separately specified scoring formula for the five-item form.

"The 12 items were rated on a scale ranging from 1 (never true) to 7 (always true). All items were reverse-coded so that higher scores reflected higher levels of body image flexibility."

The article does not specify a separate BI-AAQ-5 sum-versus-mean rule, missing-response procedure or clinical cutoff. No formula or cutoff has been added.