# APPENDIX

**QUESTIONNAIRE**

I am a student of the University of Ghana, Psychology Department and in my final year conducting a study on the influence of self-esteem and body image on the mental well-being of students at the University of Ghana, Legon. I would like you to participate in this online survey. In addition to this, the information you give us will not be disclosed to the public and will be kept confidential. Thank you for your cooperation in this endeavor.

**SECTION 1**

**Instructions: Answer the following questions by circling the appropriate response.**

1. Age ***(please indicate the range in which you fall)***

1. 16 – 20 2. 21 – 25 3. 26 – 30

1. Gender/Sex
2. Female 2. Male
3. Level

1. 100 2. 200 3. 300 4. 400 5. Graduate Level ***(specify)*** \_\_\_\_\_\_\_\_\_\_\_\_\_

**SECTION 2**

Instructions: Below is a list of statements dealing with your general feelings about yourself. Please tick to indicate how strongly you agree or disagree with each statement using the scale below;

1 = Strongly Agree 2 = Agree 3 = Disagree 4 = Strongly Disagree

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Items** | **1** | **2** | **3** | **4** |
| 1. On the whole, I am satisfied with myself. |  |  |  |  |
| 2. At times I think I am no good at all. |  |  |  |  |
| 3. I feel that I have a number of good qualities. |  |  |  |  |
| 4. I am able to do things as well as most other people. |  |  |  |  |
| 5. I feel I do not have much to be proud of. |  |  |  |  |
| 6. I certainly feel useless at times. |  |  |  |  |
| 7. I feel that I'm a person of worth, at least on an equal plane with others. |  |  |  |  |
| 8. I wish I could have more respect for myself. |  |  |  |  |
| 9. All in all, I am inclined to feel that I am a failure. |  |  |  |  |
| 10. I take a positive attitude toward myself. |  |  |  |  |

**SECTION 3**

I would like to know how you have been feeling about your appearance over the past three months. Please read each question and circle the appropriate number.

Not at all true of myself (a), Slightly true of myself (b), About halfway true of myself (c), Mostly true of myself (d), Completely true of myself (e)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ITEM** | **A** | B | **c** | **d** | **E** |
| My overall fitness level is high. |  |  |  |  |  |
| My naked body makes me feel sad |  |  |  |  |  |
| I pay careful attention to my face and hair, so that I will look good. |  |  |  |  |  |
| I think my body looks fat in clothes. |  |  |  |  |  |
| I compare my body to people I’m close to (friends, relatives, etc.). |  |  |  |  |  |
| Having a well-proportioned body is important to me. |  |  |  |  |  |
| My body is sexually appealing |  |  |  |  |  |
| My body is fat overall. |  |  |  |  |  |
| I have large buttocks. |  |  |  |  |  |
| I feel depressed about my body. |  |  |  |  |  |
| Body size matters to me |  |  |  |  |  |
| If I were a different height, I’d like my body better |  |  |  |  |  |
| I wish I were thinner. |  |  |  |  |  |

**SECTION 4**

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks

None of the time (1) Rarely (2) Some of the time (3) Often (4) All of the time (5)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Statements** | **1** | **2** | **3** | **4** | **5** |
| I’ve been feeling optimistic about the future |  |  |  |  |  |
| I’ve been feeling useful |  |  |  |  |  |
| I’ve been feeling relaxed |  |  |  |  |  |
| I’ve been feeling interested in other people |  |  |  |  |  |
| I’ve had the energy to spare |  |  |  |  |  |
| I’ve been dealing with problems well |  |  |  |  |  |
| I’ve been thinking clearly |  |  |  |  |  |
| I’ve been feeling good about myself |  |  |  |  |  |
| I’ve been feeling close to other people |  |  |  |  |  |
| I’ve been feeling confident |  |  |  |  |  |
| I’ve been able to make up my own mind about things |  |  |  |  |  |
| I’ve been feeling loved |  |  |  |  |  |
| I’ve been interested in new things |  |  |  |  |  |
| I’ve been feeling cheerful |  |  |  |  |  |