

SCALE OF BODY CONNECTION (SBC)

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Scale of Body Connection

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Scoring Instructions

There are 20 items and two subscales: body awareness and bodily dissociation.

Due to the distinct factor structure, it is best to score as two separate scales of body awareness and body dissociation.

Body awareness (BA) items (12): 1,3,4,6,8,9,12,13,14,15,17,18

Body dissociation (DB) items (8): 2,5,7,10,11,16,19,20

The items are scored on a 5-point scale, ranging from 0-4 with 0 at “not at all” and 4 at “all of the time.”

To score the BA subscale: sum the endorsed items and divide by the total number of items (12).

To score the DB subscale: sum the endorsed items and divide by the total number of items (8).

A positive change on the BA scale would represent an increase in bodily awareness, and a positive result. A negative change on the DB scale would represent a decrease in bodily dissociation, and a positive result.

If you want to score the scale as a whole, you need to reverse score the DB items. By reverse scoring the DB items, positive change for the total scale runs in the same direction – that is, positive change = a higher score.

To score the total scale: reverse score the DB subscale then sum the endorsed items and divide by the total (20 for the full scale).

S B C

Instructions: For each statement please check the box that best answers the way you generally feel. There are no right answers, please answer as truthfully as you can. There are two questions about sexual activity; please consider all sexual activity including self-stimulation. If you do not engage in sexual activity, please leave these questions blank.

	Not at all 0	A little bit 1	Some of the time 2	Most of the time 3	All of the time 4
1. If there is tension in my body, I am aware of the tension					
2. It is difficult for me to identify my emotions					
3. I notice that my breathing becomes shallow when I am nervous					
4. I notice my emotional response to caring touch					
5. My body feels frozen, as though numb, during uncomfortable situations					
6. I notice how my body changes when I am angry					
7. I feel like I am looking at my body from outside of my body					
8. I am aware of internal sensation during sexual activity					
9. I can feel my breath travel through my body when I exhale deeply					
10. I feel separated from my body					
11. It is hard for me to express certain emotions					
12. I take cues from my body to help me understand how I feel					
13. When I am physically uncomfortable, I think about what might have caused the discomfort					
14. I listen for information from my body about my emotional state					
15. When I am stressed, I notice the stress in my body					
16. I distract myself from feelings of physical discomfort					
17. When I am tense, I take note of where the tension is located in my body					
18. I notice that my body feels different after a peaceful experience					
19. I feel separated from my body when I am engaged in sexual activity					
20. It is difficult for me to pay attention to my emotions					