Look at me, Don’t Look at me: Body Image and Types of Narcissism

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Abstract

The present study examines the three faces of the narcissism construct – covert, overt, and adaptive—and explores how each face relates to the construct of body image. This research expands upon previous work showing differing correlations between overt narcissism, covert narcissism, and body esteem, by assessing adaptive narcissism and using a wider range of body image measures including objectified body consciousness, and sexual body exposure anxiety. Measures of narcissism, psychological health, and body image were completed by 175 female undergraduate students from a liberal arts college. Results support a distinction between adaptive, overt, and covert types of narcissism by their differing correlations with psychological health. The three faces also have different relationships with body esteem, objectified body consciousness, and sexual body exposure anxiety.
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When you look in the mirror what do you see? Yourself, of course. But what does it mean when you see yourself in a mirror? You are gazing at your image of yourself, an outside version of yourself. Some people can become consumed by this image (Figure 1).

Figure 1. Bride admiring herself in a mirror. 123RF Stock Photo used with permission.

These people often become so concerned about improvement, maintenance, and defense of this image both physically and as a concept in other people’s heads, that their lives
Body image and types of narcissism

Begin to revolve around cultivating this image. These narcissists often act in their own self-interest and show little consideration for the feelings of others. What they are focused on improving is not their actual self but rather their self-image as others see it and as they see it themselves (Lowen, 1985).

**Narcissism**

Havelock Ellis was first to use the term narcissism as a psychological construct in a paper about auto-eroticism (Ellis, 1898). Notable psychoanalysts Otto Rank, Sigmund Freud, and Wilhelm Reich elaborated on the idea of narcissism as a psychological construct. In its broadest definition, narcissism involves self-investment and self-directedness (Wink, Dillon, & Fay, 2005; Wink, 1991). Today narcissism is studied as a personality trait as well as a clinical personality disorder. The *Diagnostic and Statistical Manual of Mental Disorders* (3rd ed., revised [DSM III-R]; American Psychiatric Association, 1987) emphasized that narcissistic individuals are arrogant and talkative people who have an exaggerated sense of self-importance and enjoy being the center of attention. These traits, however, only portray one type of narcissism called grandiose or overt narcissism and downplay or ignore the anxious self-preoccupation of covert narcissists (Gabbard, 1989).

Covert narcissists exhibit more vulnerability than their overt counterparts as well as more self-doubt. The two are both considered maladaptive subtypes of narcissism because they share similar qualities of self-entitlement, exploitativeness, feelings of self-importance, and grandiosity (Wink, 1992a; Wink, 1992b). While these two types of narcissism share these characteristics they are defined uniquely. The fundamental distinction between overt and covert narcissism in the normal range of individual
differences (e.g., Wink, 1991) recently has become accepted in personality and social psychological research (e.g., Miller, Price, Gentile, Lynam, & Campbell, 2012). Yet with these two types of narcissism which are both forms of pathologized narcissism, a third type was missing—adaptive narcissism (Wink, 1992a, 1992b; Taylor, 1995).

**Overt Narcissism**

Overt narcissists are characterized as arrogant, aggressive, and self-absorbed and often show little empathy for those whose feelings they hurt (Gabbard, 1989). While they show little regard for others, they are simultaneously very dependent on admiration from others (Davis, Claridge, & Cerullo, 1997). These individuals are often preoccupied with grandiose fantasies of power, beauty, success, fame, and love. They often react aggressively upon the threat of shame or humiliation (Dautoff, 2007).

Overt narcissism is a pathologized form of narcissism because such narcissists protect themselves with their strong self-image that makes them at times oblivious and uninterested in the effect they have on others’ feelings. The most popular measure used by personality and social psychologists to assess narcissism in the 1980s and 1990s was the Narcissistic Personality Inventory (NPI; Raskin & Hall, 1979). The NPI was created from the description of the Narcissistic Personality Disorder in the DSM III, which overemphasizes overt narcissism and neglects the characteristics of covert narcissism (e.g. Gabbard, 1989). The total score of the 40-item NPI is no longer a satisfactory measure of the whole construct of narcissism as after further consideration by research psychologists, two more types of narcissism can be assessed in the normal range of individual differences: covert and adaptive narcissism (Miller et al., 2011; Wink, 1991).
Covert Narcissism

Covert narcissists are characterized as shy, attentive to others’ criticisms, prone to feelings of shame and humiliation, and often having hidden self-entitlement and grandiose desires (Gabbard, 1989). These narcissists are psychologically vulnerable, are hypersensitive to criticism, and often possess a defensive and doubting nature that leads to an inability to trust in others (Hendin & Cheek, 1997). While overt narcissists have a positive image of themselves, covert narcissists have a fragile image of themselves and therefore constantly seek affirmation from themselves and others of their self-worth (Otway & Vignoles, 2006). These narcissists avoid the spotlight due to their fear of humiliation or rejection by others. To distinguish between covert and overt narcissism new scales were created to measure this covert or hypersensitive narcissism that emphasize the unique traits of each type, for example the Hypersensitive Narcissism Scale (HSNS; Hendin & Cheek, 1997) and more recently the Pathological Narcissism Inventory (PNI; Pincus et al, 2009).

Adaptive Narcissism

Adaptive narcissism is characterized by self-directedness that gives rise to self-reliance, intellectual openness, creativity (Wink, 1991), and empathy, which yields a moderate level of self-investment (Stone, 1998). This form of narcissism promotes a positive sense of self and good, overall psychological well-being. While it is distinct from the two pathologized forms of narcissism just discussed, it is still part of the narcissism construct because of adaptive narcissists’ need for uniqueness and admiration from others to some extent. In recent years scales have been developed to measure adaptive narcissism including the self-report version of the CAQ (Wink, 1992a; Cheek,
Wink, Hargreaves, & Derr, 2013b), the Profile of Narcissistic Dispositions (POND; Taylor, 1995), and a subscale of the NPI (Barry, Rick, Adler, & Grafeman, 2006). The present research explores relationships among these three faces of the narcissism construct—covert, overt, and adaptive—and explores how each one relates to the construct of body image.

**Body Image**

Body image is a broad category of psychological concepts. The constructs that make up body image include cognitive appraisals of the body and emotional reactions to the body’s appearance, ability, and function (Cash & Pruzinsky, 2002). The constructs that will be explored in this study are body esteem, objectified body consciousness (control, shame, and surveillance), and anxiety about sexual body exposure.

**Body Esteem and Physical Attractiveness**

For women, body esteem is based on three things: self-evaluations of physical attractiveness, sexual attractiveness, and physical condition (Franzoi & Shields, 1984). Physical attractiveness is one’s evaluation of body parts that can be changed through exercise and diet. Sexual attractiveness is an evaluation of one’s sexual attractiveness to others. Physical condition is an evaluation of one’s strength, stamina, and agility that often only come into play during sporting events. There are two popular methods for assessing body esteem in past research. One is by evaluating the degree of subjective satisfaction with various body parts and scoring these ratings into subscales (Franzoi & Shields, 1984). The other is by assessing a more global sense of self-evaluation based on physical attractiveness and physical ability (Fleming & Courtney, 1984).
Early research on narcissism and body image focused on overt narcissism by using the NPI and Franzoi and Shields’ Body Esteem Scale (BES; 1984). Despite the name, *The Two Faces of Narcissism: Personality Dynamics of Body Esteem*, Davis, Claridge, and Brewer (1996) used only one measure of narcissism, the NPI, a measure of overt narcissism, and therefore did not measure covert narcissism. Nonetheless, the study indicated a positive correlation between overt narcissism and body esteem of 0.30 (Davis et al., 1996). The other previous research study measured overt narcissism with the NPI and body image with the Body-Self Relations Questionnaire (BSRQ), in addition to using the Rosenberg’s Self-Esteem Scale (RSE) (Jackson, Ervin, & Hodge, 1992). The BSRQ measures self-esteem through three body-centered domains: physical appearance, physical fitness, and physical health. Jackson et al. (1992) found a significant positive correlation of .35 between body esteem and overt narcissism.

Cheek, Dautoff, and Norem (2008) began to account for more than one type of narcissism by not only using the NPI, but by also using the HSNS to assess covert narcissism. Body image measurement was expanded as well by using Fleming and Courtney’s (1984) Physical Attractiveness and Physical Abilities subscales as well as the BES. The BES total score correlated significantly, .35 and -.35, with overt narcissism and covert narcissism, respectively. The present study seeks to replicate the results previously found by using the same measures as Cheek et al. (2008) for narcissism and body image, while also expanding the measures to include two measures for each type of narcissism. In the realm of body image, the study expands to also measure body consciousness and anxiety about sexual body exposure.
Objectified Body Consciousness

Women internalize cultural ideas about how the female body is an object to be admired from outside (Spitzack, 1990). The experience of the body as an object, along with the cultural ideas that define the body make up objectified body consciousness (OBC; McKinley, 1995). Feminist theorists argue that there are three components to this experience: body surveillance, body shame, and body control (Bartky, 1988; McKinley & Hyde, 1996; Spitzack, 1990).

Body Surveillance. Body surveillance is the extent to which a person tries to imagine himself or herself as an object that others look upon (Spitzack, 1990). This view of oneself as an object while being an external onlooker is body surveillance (McKinley & Hyde, 1996). When this viewpoint is taken on, the person tries to minimize behaviors that would be cause for criticism and judgment. Being able to minimize these behaviors can lead to a sense of self-esteem but failing to do so can lead to negative feelings about one’s body (Carver & Scheier, 1981; Spitzack, 1990).

Body Shame. A culture has standards for an ideal body that are internalized by women and provide a model for bodily beauty with which to compare themselves. There is evidence that this idea creates pressures that women accept and conform to because they believe these standards are externally imposed (Spitzack, 1990), while much of the pressure comes from an internal source: their desire to be beautiful. The discrepancy between the cultural ideal and a woman’s own body can be a source of shame as women often feel shame in relation to their bodies (Bartky, 1988; Rodin, Silverstein, & Striegel-Moore, 1985).
Body Control. Body control is the degree to which a person believes they have control over their bodies and that given enough effort they can change their bodies (McKinley & Hyde, 1996). While there are some aspects of appearance that can be controlled and changed, there are other aspects that cannot. People often have better psychological well-being if they believe that they have control (Taylor, 1989). The illusion of control may help some women have less anxiety about their bodies and have better body image.

Sexual Body Exposure Anxiety

One’s body image can influence one’s desire for and pleasure during sexual acts (Cash, 2004). Furthermore a poorer body image is associated with more criticism of oneself about one’s sexual performance and body appearance. Wiederman (2002) found that poorer body image and dissatisfaction with one’s body could inhibit someone from engaging in sexual acts and lessen the quality of his or her sexual experiences. Anxiety about sexual body exposure mainly presents itself during sex and can be measured using the Body Exposure during Sexual Activities Questionnaire (BESAQ; Cash et al., 2004; Hangen & Cash, 1991).

Body Image and Neuroticism

In addition to narcissism, the core personality trait of neuroticism has an impact on one’s body image. Neuroticism is the manifestation of anxiety and emotional sensitivity, all of which are factors that lend to self-objectification. Neuroticism correlates strongly with poor body image and low self-esteem (Claridge & Davis, 2001). Davis et al. (1996) found that the relation between overt narcissism and body image differed based on the degree of neuroticism. At low and moderate levels of neuroticism, there is a positive relationship between narcissism and body image; however, at high
levels of neuroticism this relationship disappears (Davis et al., 1996). This study, however, only used the NPI as a measure of narcissism, which we know heavily measures overt narcissism, while neuroticism was used as a proxy for covert narcissism. The present study assesses covert narcissism directly and also includes a measure of neuroticism.

The purpose of this study is to expand upon previous findings by assessing all three types of narcissism (overt, covert, and adaptive) and using a wider range of body image measures that include objectified body consciousness and sexual body exposure anxiety. The research questions are as follows:

1. Is there a measurable distinction between overt, covert, and adaptive measures of narcissism in a normal range sample of individual differences?
2. Do the three types of narcissism have different relations with various body image and self-esteem constructs?

I expect the present study will replicate previous findings and expand upon those by exploring all three types of narcissism (overt, covert, and adaptive) and using a wider range of body image measures. I expect adaptive narcissism to correlate positively with body esteem, but negatively with body consciousness and sexual body exposure anxiety, while overt narcissism will correlate positively with both. I expect covert narcissism, on the other hand to correlate negatively with body image, but positively with body consciousness, and sexual body exposure anxiety.
Method

Participants and Procedure

Participants were 180 Wellesley College students. They were recruited using the Psychology Department research website. Of these, 73 participated for credit in a psychology class and 107 for monetary compensation funded by the Psychology Department or the Office of the Dean. Five were not used in analysis, three of which showed non-differentiating response patterns and two of which listed their gender as other than female. The remaining participants ranged in age from 17 to 22 with a mean of 19.06 years of age. The students self-identified as White/Caucasian (34.9%), Asian (37.7%), Black or African (4.6%), Latina (13.7%), and Middle Eastern (.6%). Six participants did not report their ethnicities and 8.5% identified as “other”. Seniors made up 13.7% of the sample, Juniors comprised 10.3%, while Sophomores and First-years were 28.6% and 47.4%, respectively. A small portion of the sample, 10.3%, was raised outside of the United States, while 89.7% was raised in the United States.

Participants completed the measures described below via a Qualtrics survey on a computer (see Appendix A). The surveys were completed in a research room in groups of eight to twelve participants at a time. The students completed a demographics section and a consent form after being told that the study was about self-directedness and body image.

Measures

The NPI (Raskin & Terry, 1988) is a 40-item, self-report, forced choice between two options survey that measures overt narcissism (Raskin & Novacek, 1989). The widely-used survey contains seven subscales: Authority (alpha= 0.73; e.g. “I would
prefer to be a leader.”), Exhibitionism (alpha= 0.63; e.g. “I am apt to show off if I get the chance.”), Superiority (alpha= 0.54; e.g. “I am an extraordinary person.”), Vanity (alpha= 0.50; e.g. “I like to look at my body.”), Exploitativeness (alpha= 0.52; e.g. “I can read people like a book.”), Entitlement (alpha= 0.50; e.g. “I will never be satisfied until I get all that I deserve.”), and Self-sufficiency (alpha= 0.64; e.g. “I rarely depend on anyone else to get things done.”). Other researchers simplify the NPI scoring into four factors (Emmons, 1987), or, more recently two (Corry, Merritt, Mrug, & Pamp, 2008; Barry et al., 2006). In the present research the NPI will be scored into two subscales: Maladaptive Narcissism and Adaptive Narcissism. The Maladaptive Narcissism factor is scored using the NPI subscales of Entitlement, Exploitativeness, and Exhibitionism, while Adaptive Narcissism is scored using the subscales Authority and Self-Sufficiency (Barry, Frick, & Killian, 2003).

Robbins’ Superiority Scale (Robbins, 1989) is a 10-item, self-report survey that measures overt narcissism (“I catch myself wanting to be a hero.”). The items were answered using a 5-point likert-type scale (1= “very uncharacteristic or untrue, strongly disagree” and 5= “very characteristic or true, strongly agree”). Alpha for the scale was reported by Lapsley and Aalsma (2006) as 0.83.

HSNS (Hendin & Cheek, 1997) measures covert narcissism using a 10-item 5-point likert-type scale (1= “very uncharacteristic or untrue, strongly disagree” and 5= “very characteristic or true, strongly agree”). The scale measures hypersensitivity and self-preoccupation (alpha= 0.69; “I can easily become entirely absorbed in thinking about my personal affairs, my health, my cares or my relations to others”). The original 10-item scale correlated positively with the MMPI covert subscales (Rathvon & Holmstrom,
1996) and now has been expanded to the new 23-item version (Cheek, Hendin, & Wink, 2013a).

The Adaptive Narcissism Scale (ANS) is a self-report scale adapted from the California Q-set prototype and Adjective Check List items for autonomous self-direction (Wink, 1992a), and developed by Cheek, Wink, Hargreaves, and Derr (2013b) to provide an alternative to Barry et al.’s (2003) Adaptive Narcissism subscale. The participants rated how much the given item described them using a 5-point likert-type scale (1= “not at all” and 5= “extremely”). The study used the 24-item self-report autonomy scale as a measure of adaptive narcissism (alpha= 0.88; “I value my own independence and autonomy.”). The new ANS correlated .44 with NPI Adaptive Narcissism, .10 with NPI Maladaptive Narcissism, and .14 with HSNS covert narcissism (Cheek et al., 2013b).

Body Esteem Scale (BES: Franzoi & Shields, 1984) is a 35-item scale that uses 5-point likert-type scale to assess self-evaluation of many body parts that is adapted from the Body-Cathexis Scale (Secord & Jourard, 1953). The score is then summed to give a total score (1= have strong negative feelings and 5= have strong positive feelings; alpha=0.91; Steinfeldt et al., 2011). The BES was designed to be scored into three factor subscales: Sexual Attractiveness, Weight Satisfaction, and Physical Condition.

Fleming and Courtney’s (1984) multidimensional model of self-esteem measures body image through two subscales, physical attractiveness (“Have you ever felt ashamed of your physique or figure?”) and physical ability (“Have you ever thought of yourself as physically uncoordinated?”). The subscales asked how often the item applies to the participant on a 5-point likert-type scale (1= never and 5= all of the time). Alphas for the physical attractiveness and physical ability subscales are, 0.81 and 0.73, respectively.
Their self-regard scale will be used to measure self-esteem (e.g. “Do you ever think you are a useless individual?”). The alpha for this subscale is 0.82 and it correlated .78 with Rosenberg Self-Esteem Scale (Fleming & Courtney, 1984).

Objectified Body Consciousness Scale (OBCS: McKinley & Hyde, 1996) consists of 35-items, measuring body consciousness through its three subscales: Body Surveillance (alpha = .79; “During the day I think about how I look many times.”), Body Shame (alpha = .84; “When I can’t control my weight I feel like something must be wrong with me.”), and Body Control (alpha = .68; “I really don’t think I have control over how my body looks.”). The items were measured on a 5-point likert-type scale (1= strongly disagree and 5= strongly agree).

BESAQ (Cash et al., 2004; Hangen & Cash 1991) measures anxiety about body exposure during sexual activity. The scale is a 28-item likert-type scale with an alpha of 0.96 (Yamamiya, Cash, & Thompson, 2006; “During sexual activity I try to hide certain areas of my body”). This study used a shortened 18-item version of the scale measuring how characteristic the item was of the participant (1= “never” and 5= “always or almost always”).

The 44-item version of the Big Factor Inventory (BFI-44; John, Donahue, & Kently, 1991) measures the big five components of personality. Each factor has a scale: Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Popeness to experience. This study will use the 8-item neuroticism scale to measure emotional volatility (“I see myself as someone who can be moody”). The scale possesses an alpha of 0.83 for women (John et al., 1991). The items were answered on a 5-point likert-type scale (1= strongly disagree and 5= strongly agree).
Participants all answered general demographic questions (see Appendix A). In order to pilot additional variables for future research the question packet included the following measures that haven’t been analyzed for this thesis: selected Pathological Narcissism Inventory (Pincus et al., 2009) subscales, selected Five Factors of Narcissism Index (Glover, Miller, Lynam, Crego, & Widiger, 2012) subscales, the Name—letter effect (Dehart, Pelham, Fiedorowicz, Carvallo, & Gabriel, 2011), the Hurlbert Index of Sexual Narcissism (Hurlbert, Apt, Gasar, Wilson, & Murphy, 1994), a Body Dysmorphic Disorder Questionnaire (Philips, Atala, & Pope, 1995), selected subscales from the Aspects of Identity Questionnaire (Cheek, 1989; Dollinger, Preston, O’Brien, & DiLalla, 1996), and the Public Body Consciousness subscale of the Body Consciousness Questionnaire (Miller, Murphy, & Buss, 1981).

**Results**

The means, standard deviations, and alpha reliability coefficients for the self-report measures used in this study are listed in Table 1.
Table 1

Means, Standard Deviations, and Alpha Reliabilities of Personality Measures

<table>
<thead>
<tr>
<th>Measure</th>
<th>M</th>
<th>SD</th>
<th>alpha a</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adaptive Narcissism Scale (ANS)</td>
<td>87.98</td>
<td>11.29</td>
<td>.85</td>
</tr>
<tr>
<td>Adaptive Narcissim (NPI)</td>
<td>20.46</td>
<td>2.92</td>
<td>.69</td>
</tr>
<tr>
<td>Maladaptive Overt Narcissism (NPI)</td>
<td>23.51</td>
<td>3.43</td>
<td>.73</td>
</tr>
<tr>
<td>Robbins’ Superiority Scale (Overt)</td>
<td>30.88</td>
<td>6.01</td>
<td>.78</td>
</tr>
<tr>
<td>HSNS 10 (Covert)</td>
<td>31.10</td>
<td>5.37</td>
<td>.70</td>
</tr>
<tr>
<td>HSNS EV23 (Covert)</td>
<td>69.69</td>
<td>12.89</td>
<td>.87</td>
</tr>
<tr>
<td>BFI Neuroticism Scale</td>
<td>25.06</td>
<td>5.27</td>
<td>.83</td>
</tr>
<tr>
<td>Self-Regard Scale</td>
<td>24.22</td>
<td>5.29</td>
<td>.90</td>
</tr>
<tr>
<td>Body Esteem Scale Total</td>
<td>110.38</td>
<td>20.25</td>
<td>.92</td>
</tr>
<tr>
<td>Physical Condition</td>
<td>28.57</td>
<td>6.94</td>
<td>.85</td>
</tr>
<tr>
<td>Weight Satisfaction</td>
<td>28.70</td>
<td>8.56</td>
<td>.88</td>
</tr>
<tr>
<td>Sexual Attractiveness</td>
<td>43.70</td>
<td>7.23</td>
<td>.79</td>
</tr>
<tr>
<td>Physical Attractiveness</td>
<td>13.86</td>
<td>3.91</td>
<td>.83</td>
</tr>
<tr>
<td>Physical Ability</td>
<td>14.29</td>
<td>4.64</td>
<td>.86</td>
</tr>
<tr>
<td>Body Surveillance</td>
<td>27.57</td>
<td>5.20</td>
<td>.84</td>
</tr>
<tr>
<td>Body Shame</td>
<td>22.34</td>
<td>6.25</td>
<td>.85</td>
</tr>
<tr>
<td>Body Control b</td>
<td>28.00</td>
<td>4.36</td>
<td>.72</td>
</tr>
<tr>
<td>BESAQ c</td>
<td>50.55</td>
<td>14.55</td>
<td>.89</td>
</tr>
</tbody>
</table>

Note. Self-Regard, Physical Attractiveness, and Physical Ability are measured as subscales from Fleming and Courtney’s Dimensions of Self-Esteem. Physical Condition, Weight Satisfaction, and Sexual Attractiveness are measured as subscales from the Body Esteem Scale. HSNS 10 = Hypersensitive Narcissism 10-item version; HSNS EV23 = Hypersensitive Narcissism extended 23-item version; BFI = Big Five Inventory; BESAQ = Body Exposure during Sexual Activities Questionnaire.

a alpha is the alpha coefficient of internal consistency reliability as measured by Croenbach’s alpha
b N = 174
c N = 165

Table 2 presents the correlations among the measures of adaptive, overt, and covert narcissism. Two scales were used for each construct. Adaptive narcissism was
measured by the CAQ-ACL measure for adaptive narcissism named the Adaptive Narcissism Scale and a subscale of the NPI called Adaptive Narcissism. The Adaptive Narcissism measure from the NPI consists of the items from the Authority and Self-Sufficiency subscales. Maladaptive Narcissism, consisting of the items from the Entitlement, Exploitativeness, and Exhibitionism subscales of the NPI, and Robbins’ Superiority Scale measured overt narcissism. Covert narcissism was measured using the 10-item and the extended 23-item versions of the Hypersensitive Narcissism Scale. Within each construct the two scales correlated .63 or higher. Both measures of overt and covert correlated between .29 and .42 with each other. Adaptive narcissism measures correlated between .44 and .52 with the measures of overt narcissism, but they correlated near zero with the measures of covert narcissism.
Table 2

Correlations among Measures of Narcissism

<table>
<thead>
<tr>
<th></th>
<th>Adaptive Narcissism (NPI)</th>
<th>Adaptive Overt Narcissism (NPI)</th>
<th>Maladaptive Overt Narcissism (NPI)</th>
<th>Robbins’ Superiority Scale (Overt)</th>
<th>HSNS 10 (Covert)</th>
<th>HSNS EV23 (Covert)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adaptive Narcissism (NPI)</td>
<td>.64**</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maladaptive Overt Narcissism (NPI)</td>
<td>.44**</td>
<td>.52**</td>
<td>—</td>
<td>—</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Robbins’ Superiority Scale (Overt)</td>
<td>.49**</td>
<td>.44*</td>
<td>.68**</td>
<td>—</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HSNS 10 (Covert)</td>
<td>-.05</td>
<td>.02</td>
<td>.29**</td>
<td>.33**</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HSNS EV23 (Covert)</td>
<td>-.06</td>
<td>-.02</td>
<td>.35**</td>
<td>.42**</td>
<td>.83a</td>
<td></td>
</tr>
</tbody>
</table>

*Note. HSNS 10 = Hypersensitive Narcissism 10-item version; HSNS EV23 = Hypersensitive Narcissism extended 23-item version; NPI = Narcissistic Personality Inventory.

a The significant correlation between the two versions of the HSNS is so high in part because it is a part-whole contribution due to all the 10-item original HSNS also being on the HSNS EV23. The correlation between the 10-item HSNS and the additional 13 HSNS items was 0.60.

N = 175

**p < 0.01

Table 3 shows correlations between the six measures of the three types of narcissism and Self-Regard, one of Fleming and Courtney’s subscales, as well as Neuroticism from the Big Five Index. The adaptive narcissism measures show similar patterns of correlation with self-regard and neuroticism that were unlike the correlations for the measures of covert narcissism. The direction of correlation was consistent between the measures of adaptive narcissism and between the measures of covert
narcissism. For both self-regard and neuroticism the correlations between the adaptive narcissism measures and covert narcissism measures were in opposite directions.

Adaptive narcissism correlated positively with self-regard and negatively neuroticism.

Overt narcissism did not correlate significantly with either self-regard or neuroticism.

The directions and significant correlations with self-regard and neuroticism help to highlight the differences between the three types of narcissism.

Table 3

<table>
<thead>
<tr>
<th></th>
<th>Self-Regard</th>
<th>Neuroticism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adaptive Narcissism Scale</td>
<td>.35**</td>
<td>-.27**</td>
</tr>
<tr>
<td>Adaptive Narcissism (NPI)</td>
<td>.43**</td>
<td>-.34**</td>
</tr>
<tr>
<td>Maladaptive Narcissism (NPI)</td>
<td>.07</td>
<td>.01</td>
</tr>
<tr>
<td>Robbins’ Superiority Scale (Overt)</td>
<td>.09</td>
<td>.01</td>
</tr>
<tr>
<td>HSNS 10 (Covert)</td>
<td>-.24**</td>
<td>.37**</td>
</tr>
<tr>
<td>HSNS EV23 (Covert)</td>
<td>-.44**</td>
<td>.50**</td>
</tr>
</tbody>
</table>

*Note. Neuroticism was measured as a scale of the Big Five Inventory. Self-regard was measured as a subscale taken from Fleming and Courtney’s Dimensions of Self-Esteem. HSNS 10 = Hypersensitive Narcissism 10-item version; HSNS EV23 = Hypersensitive Narcissism extended 23-item version; NPI = Narcissistic Personality Inventory. N = 175 ** p < 0.01

Ten scales and subscales were used for a broad assessment of body image and their correlations are shown in Table 4. The body related subscales of the Body Esteem Scale (BES) and Fleming and Courtney’s Dimensions of self-esteem, namely: Physical Condition, Weight Satisfaction, Sexual Attractiveness, Physical Attractiveness, and Physical Ability, have a significant correlation among themselves and with the BES total
score. The subscales of BES and Fleming and Courtney’s subscales all showed significant negative correlation with Body Surveillance and Body Shame. Body Control did not correlate significantly with any of the other body image measures. The BESAQ showed significant negative correlations with the subscales of BES and Fleming and Courtney’s subscales, while showing significant positive correlation with both body surveillance and body shame.
### Table 4

**Correlations among Body Image Measures**

<table>
<thead>
<tr>
<th></th>
<th>Body Esteem</th>
<th>Physical Condition</th>
<th>Weight Satisfaction</th>
<th>Sexual Attractiveness</th>
<th>Physical Attractiveness</th>
<th>Physical Ability</th>
<th>Body Surveillance</th>
<th>Body Shame</th>
<th>Body Control&lt;sup&gt;a&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Condition</td>
<td>.80**</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Weight Satisfaction</td>
<td>.88**</td>
<td>.57**</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Sexual Attractiveness</td>
<td>.80**</td>
<td>.46**</td>
<td>.57**</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Physical Attractiveness</td>
<td>.64**</td>
<td>.44**</td>
<td>.68**</td>
<td>.46**</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Physical Ability</td>
<td>.50**</td>
<td>.64**</td>
<td>.32**</td>
<td>.30**</td>
<td>.35**</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Body Surveillance</td>
<td>-.24**</td>
<td>-.21**</td>
<td>-.25**</td>
<td>-.14</td>
<td>-.47**</td>
<td>-.20**</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Body Shame</td>
<td>-.32**</td>
<td>-.23**</td>
<td>-.43**</td>
<td>-.13</td>
<td>-.45**</td>
<td>-.14</td>
<td>.52**</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Body Control&lt;sup&gt;a&lt;/sup&gt;</td>
<td>.08</td>
<td>.08</td>
<td>.06</td>
<td>.08</td>
<td>.04</td>
<td>.11</td>
<td>-.05</td>
<td>.09</td>
<td>-</td>
</tr>
<tr>
<td>Sexual Body Exposure Anxiety&lt;sup&gt;b&lt;/sup&gt;</td>
<td>-.54**</td>
<td>-.43**</td>
<td>-.48**</td>
<td>-.44**</td>
<td>-.58**</td>
<td>-.38**</td>
<td>.45**</td>
<td>.44**</td>
<td>.03</td>
</tr>
</tbody>
</table>

*Note.* Physical Condition, Weight Satisfaction, and Sexual Attractiveness are measured as subscales from the Body Esteem Scale. Physical Attractiveness and Physical Ability are measured as subscales from Fleming and Courtney’s Dimensions of Self-Esteem Scale. Body Surveillance, Body Shame, and Body Control are measured as subscales of the Objectified Body Consciousness Scale (OBCS).

<sup>a</sup> $N = 174$

<sup>b</sup> $N = 165$

$N = 175$

** $p < 0.05$.  ** $p < 0.01$
Table 5 includes the correlation between measures of body image and psychological health as measured using the Self-Regard subscale of Fleming and Courtney’s global esteem measure and Neuroticism from the Big Factors Index. Self-regard showed significant positive correlation with the body esteem and its subscales in addition to the physical attractiveness and ability, while neuroticism correlates negatively with these scales. Sexual body exposure anxiety, body shame, and body surveillance correlated negatively with self-regard, and positively with neuroticism. Body Control did not correlate with either self-regard or neuroticism.

Table 5

<table>
<thead>
<tr>
<th></th>
<th>Self-Regard</th>
<th>Neuroticism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Esteem</td>
<td>.48**</td>
<td>-.31**</td>
</tr>
<tr>
<td>Physical Condition</td>
<td>.44**</td>
<td>-.40**</td>
</tr>
<tr>
<td>Weight Satisfaction</td>
<td>.39**</td>
<td>-.17*</td>
</tr>
<tr>
<td>Sexual Attractiveness</td>
<td>.38**</td>
<td>-.23**</td>
</tr>
<tr>
<td>Physical Attractiveness</td>
<td>.45**</td>
<td>-.28**</td>
</tr>
<tr>
<td>Physical Ability</td>
<td>.42**</td>
<td>-.39**</td>
</tr>
<tr>
<td>Body Surveillance</td>
<td>-.32**</td>
<td>.43**</td>
</tr>
<tr>
<td>Body Shame</td>
<td>-.48**</td>
<td>.33**</td>
</tr>
<tr>
<td>Body Control(a)</td>
<td>.08</td>
<td>-.12</td>
</tr>
<tr>
<td>Sexual Body Exposure Anxiety(b)</td>
<td>-.43**</td>
<td>.39**</td>
</tr>
</tbody>
</table>

Note. Physical Condition, Weight Satisfaction, and Sexual Attractiveness are measured as subscales from the Body Esteem Scale. Physical Attractiveness, Physical Ability, and Self-Regard are measured as subscales from Fleming and Courtney’s Dimensions of Self-Esteem Scale. Body Surveillance, Body Shame, and Body Control are measured as subscales of the Objectified Body Consciousness Scale (OBCS). Neuroticism was measured as a subscale of the Big Five Inventory.

\(a\) \(N = 174\)

\(b\) \(N = 165\)

\(N = 175\)

\(* * p < 0.05. * * p < 0.01\)
Correlations were computed between the six measures of narcissism and all of the body image measures. The six measures of narcissism were condensed into three composites, one for each type of narcissism (e.g. adaptive, overt, and covert). Several of the measures were likert-type scales and one scale contained 2-point forced-choice items. Therefore, to appropriately compare these measures we calculated z-scores for each measure and used the average z-score value when correlating the narcissism composite with measures of body image. The adaptive narcissism composite consists of the Adaptive Narcissism scale and the Adaptive Narcissism subscale of the NPI. The Maladaptive Narcissism NPI subscale and Robbins’ Superiority Scale were used for the overt narcissism composite. Lastly, the HSNS 10-item scale and the additional 13 items that make the expanded scale (e.g. the HSNS EV23) were used for the covert composite.

As may be seen in Table 6, the Adaptive narcissism composite displays significant positive correlation with BES, its subscales, physical ability, and physical attractiveness. Adaptive narcissism correlates negatively with sexual body exposure anxiety. The overt composite exhibits significant positive correlation with body esteem, weight satisfaction, sexual attractiveness, body surveillance, and body shame. Covert narcissism showed significant negative correlation with body esteem, physical condition, physical attractiveness, and body control. Covert narcissism also shows positive correlations with body surveillance, body shame, and anxiety about sexual body exposure.
Table 6  
**Correlations among Narcissism Composites and Body Image Measures**

<table>
<thead>
<tr>
<th></th>
<th>Adaptive Narcissism Composite</th>
<th>Overt Narcissism Composite</th>
<th>Covert Narcissism Composite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Esteem</td>
<td>.37**</td>
<td>.21**</td>
<td>-.16*</td>
</tr>
<tr>
<td>Physical Condition</td>
<td>.32**</td>
<td>.13</td>
<td>-.23**</td>
</tr>
<tr>
<td>Weight Satisfaction</td>
<td>.26**</td>
<td>.15*</td>
<td>-.13</td>
</tr>
<tr>
<td>Sexual Attractiveness</td>
<td>.36**</td>
<td>.23**</td>
<td>-.09</td>
</tr>
<tr>
<td>Physical Attractiveness</td>
<td>.15*</td>
<td>.01</td>
<td>-.32**</td>
</tr>
<tr>
<td>Physical Ability</td>
<td>.23**</td>
<td>.16*</td>
<td>-.14</td>
</tr>
<tr>
<td>Body Surveillance</td>
<td>-.07</td>
<td>.23**</td>
<td>.41**</td>
</tr>
<tr>
<td>Body Shame</td>
<td>.02</td>
<td>.21**</td>
<td>.33**</td>
</tr>
<tr>
<td>Body Control(^a)</td>
<td>.08</td>
<td>-.05</td>
<td>-.22**</td>
</tr>
<tr>
<td>Sexual Body Exposure</td>
<td>-.18*</td>
<td>.03</td>
<td>.34**</td>
</tr>
</tbody>
</table>

**Note.** Physical Condition, Weight Satisfaction, and Sexual Attractiveness are measured as a subscale from the Body Esteem Scale. Physical Attractiveness and Physical Ability are measured as subscales from Fleming and Courtne\'s Dimensions of Self-Esteem. Body Surveillance, Body Shame, and Body Control are measured as subscales of the Objectified Body Consciousness Scale (OBCS).  
\(^a\) \(N = 174\)  
\(^b\) \(N = 165\)  
\(N = 175\)  
**\(p < 0.05\). \(** \(p < 0.01\)

**Discussion**

The pattern of results in the present study succeeds in advancing research about types of narcissism and about the relations between types of narcissism and aspects of body image. While some researchers doubted the existence of two faces of narcissism (Davis et al., 1996), the present study supports the assertion by previous researchers that
there are not only two faces, but three faces (Wink, 1992a; Wink 1992b; Hill & Lapsley, 2011). The study used two measures of adaptive narcissism: the Adaptive Narcissism Scale and the Adaptive Narcissism subscale of the NPI, two measures of overt narcissism: the Maladaptive Narcissism subscale of the NPI and Robbins’ Superiority Scale, and two measures of covert narcissism: the 10-item HSNS and the 23-item extended-version of the HSNS. The correlation between measures of the same construct ranged from .64 to .83, for example the Maladaptive Narcissism subscale of the NPI and Robbins’ Superiority Scale correlated .68. There were some moderate correlations across types of narcissism.

Overt measures correlated between 0.44 and 0.52 with adaptive narcissism measures. These correlations between overt and adaptive are similar to those of Barry et al. (2003). Adaptive and overt are distinguished from each other by their correlations with self-regard: moderately positive for adaptive and zero for overt. While adaptive correlates with overt narcissism, it also shows itself as a distinct type of narcissism because it lacks a correlation with covert narcissism. Overt and covert narcissism showed a significant positive correlation between .29 and .42. This correlation is contrary to that found by Hendin and Cheek (1997) who observed no correlation between the HSNS and the NPI total, but did find a correlation between the HSNS and the Exploitiveness/entitlement (E/E) NPI subscale of .34. Recent studies support Wink’s (1992) two faces view that overt and covert have a maladaptive element in common that is perhaps emphasized by the nature of the Maladaptive subscale which is made up of the exhibitionism, entitlement, and exploitativeness items of the NPI (e.g. Cheek et al., 2013b).
The direction of the correlation with self-regard was unique for the three types of narcissism, but consistent between the measures of the same types of narcissism, which further provides evidence that the three faces are empirically distinct constructs.

Neuroticism showed reverse directions of correlation with the narcissism constructs: positive with covert, zero with overt, and negative with adaptive. This pattern further provides good evidence of a split between maladaptive and adaptive types of narcissism.

Previous research shows similar correlations between overt narcissism, covert narcissism, and neuroticism (Dautoff et al., 2008; Davis et al., 1997; Hendin & Cheek, 1997). Adaptive correlated positively with positive psychological health and negatively with dysfunction, while overt showed the reverse correlations (Sedikides, Rudich, Gregg, Kumashiro, & Rusbult, 2004).

Covert showed a positive correlation with neuroticism and negative correlation with self-regard. This relationship supports the assertion by Gabbard (1989), that covert narcissists are hypersensitive and possess many feelings of anxiety, inferiority, and worthlessness. Covert narcissism shows an even poorer profile of adjustment than overt narcissism (Lapsley & Aalsma, 2006), which could be due to their hypersensitivity, or that covert narcissists are the pinnacle of poor psychological health as demonstrated by its negative association with good psychological health and positive correlation with bad psychological health. As predicted by the measures of psychological health there is a divergence between adaptive and maladaptive narcissism when it comes to psychological health outcomes.
Body Image

The differences between these three faces of narcissism are further illuminated with their distinct relations with body image. Earlier published research just used the BES total score as a measure of body image, but the present study used not only body esteem subscales to assess body image, but also objectified body consciousness and sexual body exposure anxiety. Body esteem was assessed using the BES as a total score and subscales that included physical condition, weight satisfaction, in addition to, the physical attractiveness and physical ability subscales of Fleming and Courtney’s global self-esteem scale. The measures of body esteem all correlated highly among one another. To measure the negative side of body image, objectified body consciousness and sexual body exposure anxiety were assessed. Objectified body consciousness was measured through measuring body surveillance, body shame, and body control subscales. Body surveillance, body shame, and anxiety about sexual body exposure all correlated positively with one another. The OBC measures and self-esteem measures correlated negatively except for with body control, which did not correlate with any measures of body image.

Earlier research only assessed the relations between narcissism and body image using the NPI and total BES, which yielded a correlation of .30 (Davis et al., 1996). Later research by Dautoff et al. (2008) replicated this finding and found that covert narcissism correlated -.35 with the BES total. In the present research, as predicted, the results showed measurable distinctions between overt, covert, and adaptive narcissism not only among themselves but also through their relationships with body image. Some of our hypotheses about the relations between narcissism and body image were correct.
Adaptive narcissism correlated positively with body esteem, not at all with objectified body consciousness, and negatively with sexual body exposure anxiety. Overt narcissism correlated positively or not at all with the measures of body esteem and objectified body consciousness, and not at all with sexual body exposure anxiety. Covert narcissism correlated as predicted, with the exception of correlating positively with body control.

Within body image there is a clear split when it comes to psychological health. The body esteem measures correlated positively with self-regard and negatively with neuroticism (Table 5). Previous research has shown a similar relationship between body image and self-esteem (Striegel-More & Franko, 2002). Body surveillance, body shame, and anxiety about sexual body exposure correlated in the opposite directions with self-regard and neuroticism from body esteem (positively with neuroticism and negatively with self-regard). In the past, the Rosenberg Self-Esteem scale has also correlated negatively with body surveillance and body shame (McKinley, 2004). Surveillance often leads to shame and lower body satisfaction, which are often contributors to pathological outcomes involving the body such as eating disorders and depression (Fredrickson & Roberts, 1997). Body control did not correlate with either measure of psychological health.

The narcissism composites showed different relationships within the domain of body image, supporting our hypothesis that the three types of narcissism are indeed distinct. Overt narcissism composite correlated positively with some of the body esteem measures or did not correlate at all. This correlation between overt narcissism and body esteem of .21 is similar to that found by Davis et al. (1997) and supports the idea that overt narcissists have positive body image. The finding also supports the hypothesis by
Gabbard (1989) that overt narcissists use their sense of self, including body image to protect themselves and therefore cultivate a positive body image. The overt narcissists heightened awareness of themselves leads them to self-objectify (Lowen, 1985). Indeed the results show positive correlations between overt narcissism and body surveillance (Table 6). The narcissists’ emphasis on image could be because they do not like themselves (Lowen, 1985), which is supported by the positive correlation between both maladaptive forms of narcissism (overt and covert) and body shame.

Covert narcissism composite correlated negatively with body esteem thereby differentiating it from overt and adaptive narcissism. The negative correlation between covert narcissism and body esteem is contrary to that found by Davis et al., (1996) who postulated that the more narcissistic an individual was, the better body image they had. Covert narcissists actually devalue their body image, while still showing the same objectification of their bodies as overt (Table 6). Covert narcissism also differentiates itself through its positive correlation with anxiety about sexual body exposure, further emphasizing that these narcissists tend to have negative body image. The anxiety about their body is a manifestation of their hypersensitivity, specifically to judgment by others (Gabbard, 1989). A puzzling finding was that covert narcissism correlated positively with body control; the questions on that scale seem to denote hopelessness in changing their body image, which is in line with the hopelessness characteristic of covert narcissists (Gabbard, 1989).

With adaptive narcissism composite we see a positive correlation with body esteem, no correlation with objectified body consciousness, and negative correlations with sexual body exposure anxiety. Adaptive narcissism is associated with positive self-
development (Mitchell, 1988), which includes a healthy self-esteem and therefore body esteem. Kohut (1977) postulated that adaptive narcissism is characterized by exhibitionism, the very opposite of sexual body exposure anxiety therefore consistent with the negative association found in Table 6.

The results of the present study show support for the idea of three distinct faces of narcissism as shown by their differing relations with measures of psychological health and body image. The research further points to a distinction between adaptive and maladaptive narcissism. The two maladaptive types of narcissism (e.g. overt and covert) share a pathologic nature from their shared sense of entitlement and exploitativeness in relation to others, but differ in how they express these characteristics. Adaptive narcissism shares a grandiosity with the others but one that theoretically contributes to creative self-development (Kohut, 1977; Winnicott, 1965). Additionally, the relations between body image and narcissism not only enhance our understanding of the three faces, but also provide further evidence of the maladaptive and adaptive sides of narcissism. Both maladaptive faces of narcissism correlated positively with objectified body consciousness and only adaptive did not. Overt narcissism did not show significant correlations with either of the psychological health variables other. Overt narcissists theoretically manifest their maladaptive nature in the domain of inter-personal relationships, which falls outside the domain of the present research (Palhus & Williams, 2002).

Applications, Limitations, and Further Research

A limitation of this present research is the participation of only female students from a liberal arts college. Due to the method of compensation for participation, there
are two clearly self-selecting groups within the participants: psychology students who were in lower level psychology courses at the time data was collected and students who were willing to be paid as compensation. These participants mainly self-identified as White or Asian and in addition to the other factors are therefore not representative of the entire population. Narcissism is also very culturally specific and differences in cultural identities and value structures play a role in one’s personality. One avenue of future research therefore is using a sample with broader representations of different cultures and backgrounds.

The purpose of this study was to replicate previous research and also to extend this research to better delineate the relationships within narcissism and with respect to the domain of body image. The limited amount of previous research on the relations of all three types of narcissism, leave them not adequately defined and therefore warranting further research. This lack of clarity in these constructs had created a disagreement about which narcissism scales are appropriate and about what exactly they measure (e.g. Brown, Budzek, & Tamborski, 2009). The NPI is by far the most used measure for data collection on narcissism and has been found to be more of a measure of overt narcissism. In addition, depending on the way the NPI is divided up it can measure adaptive and maladaptive as well as overt (Barry et al., 2003). In the past decade, however, more articles are treating narcissism as a multifaceted construct (Hill & Lapsley, 2011; Lapsley & Aalsma, 2006).

The present data show that there are two main divisions in narcissism: overt/covert and adaptive/maladaptive. The correlations between adaptive and overt suggest that the adaptive narcissism scales are measuring a construct better named
adaptive overt narcissism. This leads me to ask where is adaptive covert narcissism? Future research should not only further explore how the three presently identified constructs relate to one another, but also explore the theoretically possible existence of adaptive covert narcissism.

Previous research and the present study highlight that there is a special relationship between narcissism and self-esteem as well as body image. The present study is a step in the right direction to further diversify the measures used for body image to isolate its relationship with narcissism, but more can be done. The present study begins to tap into the relationship between body esteem and objectified body consciousness. This relationship highlights the idea of shame that previous researchers have pointed to as a reason for the difference between the maladaptive types of narcissism (Hendin & Cheek, 1997). Additional work should explore the relationship between exhibitionism and narcissism, in addition to looking at potential causality of this relationship.

Past, present, and future research about the relationship between narcissism and body image can help to illuminate etiology that can add to the body of research about prevention and treatment of poor body image. A better understanding of adaptive and maladaptive narcissism and its outcomes can also be used in the prevention and treatment of illnesses that are characteristic of poor psychological health, specifically illnesses related to body image, mood disorders, and eating disorder. As the prevalence of depression, eating disorder, and body distortions are on the rise across culture, age groups, and ethnic groups, it becomes more crucial to have a better understanding of what factors may be contributing to these disorders and to their rise. Further research on
narcissism will not only contribute to the accumulation of knowledge on the topic but also will contribute to a better future for body image and mental health.
References


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doi:10.1111/j.1471-6402.1996.tb00467.x


doi:10.1037/0022-3514.41.2.397


Appendix A

Self-concept, Self-image, and Sexuality

Q6 Once you have signed the consent form please answer the following question and you can begin the survey.

Q7 Statement with consent:
☑ I consent to participate in this study. (1)
☑ I do not consent to participate in this study. (2)

If I do not consent to partici... Is Selected, Then Skip to End of Survey
Q10 “NPI-40-items scores into Adaptive NPI and Maladaptive NPI” Read each pair of statements and then choose the one that is closer to your own feelings and beliefs. Indicate your answer by writing the letter "A" or "B" on the blank line to the left of each item. Please do not skip any items.

<table>
<thead>
<tr>
<th></th>
<th>A (1)</th>
<th>B (2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. I have a natural talent for influencing people. B. I am not good at influencing people. (1)</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>A. Modesty doesn't become me. B. I am essentially a modest person. (2)</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>A. I would do almost anything on a dare. B. I tend to be a fairly cautious person. (3)</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>A. When people compliment me I sometimes get embarrassed. B. I know that I am good because everybody keeps telling me so. (4)</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>A. The thought of ruling the world frightens the hell out of me. B. If I ruled the world it would be a much better place. (5)</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>A. I can usually talk my way out of anything. B. I try to accept the consequences of my behavior. (6)</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>A. I prefer to blend in with the crowd. B. I like to be the center of attention. (7)</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>A. I will be a success. B. I am not too concerned about success. (8)</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>A. I am no better or no worse than most people. B. I think I am a special person. (9)</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>A. I am not sure if I would make a good leader. B. I see</td>
<td>☒</td>
<td>☒</td>
</tr>
</tbody>
</table>
myself as a good leader. (10)

A. I am assertive. B. I wish I were more assertive. (11)

A. I like having authority over people. B. I don't mind following orders. (12)

A. I find it easy to manipulate people. B. I don't like it when I find myself manipulating people. (13)

A. I insist upon getting the respect that is due me. B. I usually get the respect that I deserve. (14)

A. I don't particularly like to show off my body. B. I like to display my body. (15)

A. I can read people like a book. B. People are sometimes hard to understand. (16)

A. If I feel competent I am willing to take responsibility for making decisions. B. I like to take responsibility for making decisions. (17)

A. I just want to be reasonably happy. B. I want to amount to something in the eyes of the world. (18)

A. My body is nothing special. B. I like to look at my body. (19)

A. I try not to be show off. B. I am apt to show off if I get a chance. (20)

A. I always know what I am doing. B. I rarely depend on anyone else to get things done. (21)

A. I sometimes depend on
<table>
<thead>
<tr>
<th>People to get things done.</th>
<th>A. Sometimes I tell good stories. B. Everybody likes to hear my stories.</th>
</tr>
</thead>
<tbody>
<tr>
<td>B. I rarely depend on anyone else to get things done. (22)</td>
<td>○</td>
</tr>
</tbody>
</table>

| I like to start new fads and fashions. (28) | ○ | ○ |

| I like to look at myself in the mirror. B. I am not particularly interested in looking at myself in the mirror. (29) | ○ | ○ |

| A. I would prefer to be a | ○ | ○ |

| B. Power for its own sake doesn't interest me. (27) | ○ | ○ |

| I like to do things for other people. (24) | ○ | ○ |

| I like to be complimented. (26) | ○ | ○ |

| I have will to power. Power for its own sake doesn't interest me. (27) | ○ | ○ |

| I will never be satisfied until I get all that I deserve. (25) | ○ | ○ |

| A. I expect a great deal from other people. B. I like to do things for other people. | ○ | ○ |

| I don't very much care about new fads and fashions. (28) | ○ | ○ |

| I will never be satisfied until I get all that I deserve. (25) | ○ | ○ |

| I take my satisfactions as they come. (25) | ○ | ○ |

| Compliments embarrass me. I like to be complimented. (26) | ○ | ○ |

| I am not particularly interested in looking at myself in the mirror. (29) | ○ | ○ |

| I like to start new fads and fashions. (28) | ○ | ○ |

| Being in authority doesn't mean that much to me. B. People always seem to recognize my authority. (32) | ○ | ○ |

<p>| I would prefer to be a | ○ | ○ |</p>
<table>
<thead>
<tr>
<th>Statement</th>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>It makes little difference to me whether I am a leader or not. (33)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. I am going to be a great person. B. I hope I am going to be successful. (34)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. People sometimes believes what I tell them. B. I can make anybody believe anything I want them to. (35)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. I am a born leader. B. Leadership is a quality that takes a long time to develop. (36)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. I wish somebody would someday write my biography. B. I don't like people to pry into my life for any reason. (37)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. I get upset when people don't notice how I look when I go out in public. B. I don't mind blending into the crowd when I go out in public. (38)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. I am more capable than other people. B. There is a lot that I can learn from other people. (39)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. I am much like everybody else. B. I am an extraordinary person. (40)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Q9 “**Hypersensitive Narcissism 10-item and extension to 23-item version**” Please answer the following questions by deciding to what extent each item is characteristic of your feelings and behavior. Mark the circle next to each item on the scale printed below.

<table>
<thead>
<tr>
<th></th>
<th>very uncharacteristic or untrue, strongly disagree (1)</th>
<th>uncharacteristic (2)</th>
<th>neutral (3)</th>
<th>characteristic (4)</th>
<th>very characteristic or true, strongly agree (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can become entirely absorbed in thinking about my personal affairs, my health, my cares or my relations to others. (1)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>My feelings are easily hurt by ridicule or by the slighting remarks of others. (2)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>When I enter a room I often become self-conscious and feel that the eyes of others are upon me. (3)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>I dislike sharing the credit of an achievement with others. (4)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>I feel that I have enough on my hands without worrying about other people's troubles. (5)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>I feel that I am temperamentally different from most people. (6)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I often interpret the remarks of others in a personal way. (7)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I easily become wrapped up in my own interests and forget the existence of others. (8)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I dislike being with a group unless I know that I am appreciated by at least one of those present. (9)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I am secretly &quot;put out&quot; or annoyed when other people come to me with their troubles, asking me for my time and sympathy. (10)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I am jealous of good-looking people. (11)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I tend to feel humiliated when criticized. (12)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I wonder why other people</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
aren't more appreciative of my good qualities. (13)
I tend to see other people as being either great or terrible. (14)

I sometimes have fantasies about being violent without knowing why. (15)
I am especially sensitive to success and failure. (16)

I have problems that nobody else seems to understand. (17)
I try to avoid rejection at all costs. (18)

My secret thoughts, feelings, and actions would horrify some of my friends. (19)
I tend to become involved in relationships in which I alternately adore and despise the other person.
Even when I am in a group of friends, I often feel very alone and uneasy. (21)
I resent others who have what I lack. (22)
Defeat or disappointment usually shame or anger me, but I try not to show it. (23)
Q12 “Robbins’ Superiority Scale” Please answer the following questions by deciding to what extent each item is characteristic of your feelings and behavior. Mark the circle for each item by choosing from the following scale.

<table>
<thead>
<tr>
<th>Item</th>
<th>very uncharacteristic or untrue, strongly disagree (1)</th>
<th>uncharacteristic (2)</th>
<th>neutral (3)</th>
<th>characteristic (4)</th>
<th>very characteristic or true, strongly agree (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>My friends follow my lead.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I'm witty and charming with others.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>My looks are one of the things that attract others to me.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I deserve favors and special treatment from others.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I could show up my friends if I wanted to.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Running the show means a lot to me.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Being admired by others helps me feel fantastic.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Achieving out of the ordinary accomplishments would make me feel complete.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I catch myself wanting to be a hero.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I know that I</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>have more natural talents than most people. (10)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Q8 “Adaptive Narcissism Scale – CAQ items part 1 of scale” Please select for the following questions, to which extent you feel that it describes you from the following scale:

<table>
<thead>
<tr>
<th></th>
<th>Not at all (1)</th>
<th>Somewhat (2)</th>
<th>Moderately (3)</th>
<th>Very Much (4)</th>
<th>Extremely (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I value my own independence and autonomy.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I set big goals for myself.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I have a wide range of interests.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I have a high degree of intellectual capacity.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I tend to have an unconventional way of thinking.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I genuinely value intellectual and cognitive matters.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I am verbally fluent and can express ideas well.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I appreciate art and beauty.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I tend to be submissive; more of a follower than a leader.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I give up or even withdraw in the face of</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
frustration and adversity. (10)
I judge myself and others based on their "popularity," or on "the correct thing to do," social pressures, etc. (11)

<table>
<thead>
<tr>
<th>Idealistic (1)</th>
<th>Not at all (1)</th>
<th>Somewhat (2)</th>
<th>Moderately (3)</th>
<th>Very Much (4)</th>
<th>Extremely (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resourceful (2)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Persevering (3)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Individualistic (4)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Clever (5)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Outgoing (6)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Ambitious (7)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Confident (8)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Conscientious (9)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Self-Confident (10)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Quiet (11)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Silent (12)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Shy (13)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

Q9 **Adaptive Narcissism Scale continued - Adjective Check List** Please select for the following adjectives, to which extent you feel that it describes you from the following scale.
Q11 “Body Esteem Scale (BES)” On this page are listed a number of body parts and functions. Please read each item and mark the circle indicating how you feel about this part or function of your own body using the following scale:

<table>
<thead>
<tr>
<th>Body Part</th>
<th>Have strong negative feelings (1)</th>
<th>Have moderate negative feelings (2)</th>
<th>Have no feelings one way or the other (3)</th>
<th>Have moderate positive feelings (4)</th>
<th>Have strong positive feelings (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>body scent (1)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>appetite (2)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>nose (3)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>physical stamina (4)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>reflexes (5)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>lips (6)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>muscular strength (7)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>waist (8)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>energy level (9)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>thighs (10)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>ears (11)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>biceps (12)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>chin (13)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Body build (14)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>physical coordination (15)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>buttocks (16)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>agility (17)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>width of shoulders (18)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>arms (19)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>chest or breasts (20)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>appearance of eyes (21)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>cheeks/cheekbones (22)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>hips (23)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>legs (24)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Body Image and Types of Narcissism</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>----</td>
<td>----</td>
<td>----</td>
<td>----</td>
<td>----</td>
</tr>
<tr>
<td>Figure or Physique</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Sex Drive</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Feet</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Sex Organs</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Appearance of Stomach</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Health</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Sex Activities</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Body Hair</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Physical Condition</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Face</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Weight</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
Q28 “Fleming & Courtney Self-Regard Scale” Please read each item carefully and decide to what extent you agree with the statement. Give each item a rating of how much it applies to you by using the scale printed below and mark the circle next to it.

<table>
<thead>
<tr>
<th></th>
<th>Never (1)</th>
<th>Rarely (2)</th>
<th>Sometimes (3)</th>
<th>Often (4)</th>
<th>All of the Time (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often do you feel inferior to most of the people you know?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you ever think that you are a worthless individual?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How confident do you feel that someday the people you know will</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>look up to you and respect you?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you ever feel so discouraged with yourself that you wonder</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>whether you are a worthwhile person?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How often do you dislike yourself?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In general, how confident do you feel</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>How often do you have the feeling that there is nothing you can do well? (7)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Q29 “Fleming & Courtney - Physical Attractiveness Scale” Please read each item carefully and decide to what extent you agree with the statement. Give each item a rating of how much it applies to you by using the scale printed below and mark the circle next to it.

<table>
<thead>
<tr>
<th>Have you ever felt ashamed of your physique or figure? (1)</th>
<th>Never (1)</th>
<th>Rarely (2)</th>
<th>Sometimes (3)</th>
<th>Often (4)</th>
<th>All of the Time (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you often feel that most of your friends or peers are more physically attractive than yourself? (2)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you often wish or fantasize that you were better looking? (3)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you ever been concerned or worried about your ability to attract members of the opposite sex? (4)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How confident are you that others see you as being physically appealing? (5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Q30 “Fleming & Courtney – Physical Ability Scale” Please read each item carefully and decide to what extent you agree with the statement. Give each item a rating of how much it applies to you by using the scale printed below and mark the circle next to it.

<table>
<thead>
<tr>
<th></th>
<th>Never (1)</th>
<th>Rarely (2)</th>
<th>Sometimes (3)</th>
<th>Often (4)</th>
<th>All of the Time (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever thought of yourself as physically uncoordinated? (1)</td>
<td></td>
<td></td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Have you ever felt inferior to most other people in athletic ability? (2)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>When involved in sports requiring physical coordination, are you often concerned that you will not do well? (3)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Have you ever thought that you lacked the ability to be a good dancer or do well at recreational activities involving coordination? (4)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>When trying to do well at a sport and you know other people are watching, how rattled or flustered do you get? (5)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
Q42 “Big Five Inventory - Neuroticism” Here are a number of characteristics that may or may not apply to you. Please mark a number next to each statement to indicate the extent to which you agree or disagree with that statement. I see myself as someone who...

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Strongly Disagree (1)</th>
<th>Disagree (2)</th>
<th>Neither Agree nor Disagree (3)</th>
<th>Agree (4)</th>
<th>Strongly Agree (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>is depressed, blue (1)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>is relaxed, handles stress well (2)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>can be tense (3)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>worries a lot (4)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>is emotionally stable, not easily upset (5)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>can be moody (6)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>remains calm in tense situations (7)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>gets nervous easily (8)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
Q13 “Objectified Body Consciousness Questionnaire – Body Surveillance, Body Shame, and Body Control” Please answer the following questions by deciding to what extent each statement is characteristic of you. Mark the circle next to each item on the scale printed below.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree (1)</th>
<th>Disagree (2)</th>
<th>Neither Agree nor Disagree (3)</th>
<th>Agree (4)</th>
<th>Strongly Agree (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I rarely think about how I look.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I think it is more important that my clothes are comfortable than whether they look good on me.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I think more about how my body feels than how my body looks.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I rarely compare how I look with how other people look.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>During the day, I think about how I look many times.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I often worry about whether the clothes I am wearing make me.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>look good. (6)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>I rarely worry about how I look to other people. (7)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more concerned with what my body can do than how it looks. (8)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When I can't control my weight, I feel like something must be wrong with me. (9)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel ashamed of myself when I haven't made the effort to look my best. (10)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel like I must be a bad person when I don't look as good as I could. (11)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I would be ashamed for people to know what I really weigh. (12)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I never worry that something is</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>wrong with me when I am not exercising as much as I should. (13)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When I'm not exercising enough, I question whether I am a good enough person. (14)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Even when I can't control my weight, I think I am an okay person. (15)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When I'm not the size I think I should be, I feel ashamed. (16)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I think a person is pretty much stuck with the looks they are born with. (17)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A large part of being in shape is having that kind of body in the first place. (18)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I think a person can look pretty</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
much how they want to if they are willing to work at it. (19)
I really don't think I have much control over how my body looks. (20)
I think a person's weight is most determined by the genes they are born with. (21)
It doesn't matter how hard I try to change my weight, it's probably always going to be about the same. (22)
I can weigh what I'm supposed to when I try hard enough. (23)
The shape you are in depends mostly on your genes. (24)
### Q44 “Body Exposure during Sexual Activities Questionnaire (BESAQ)”

Below is a list of statements regarding thoughts and behaviors that an individual may experience or engage in during sexual relations. Read each statement carefully and identify how characteristic it is of you and your experiences during sexual activity. If you have not had these experiences indicate how characteristic you think this would be of you and your experiences. Indicate your honest answers by marking the bubble below your answer.

<table>
<thead>
<tr>
<th></th>
<th>Never (1)</th>
<th>Rarely (2)</th>
<th>Sometimes (3)</th>
<th>Often (4)</th>
<th>Always or almost always (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>During sexual activity, I am thinking that my partner will notice something about my body that is a turn-off.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>During sex I worry that my partner will find aspects of my physique unappealing.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>During sexual activity I am unaware of how my body looks.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I prefer to keep my body hidden under a sheet or blanket during sex.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>When it comes to my partner seeing me naked, I have</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
nothing to hide. (5)

During sexual activity I have thoughts that my body looks sexy. (6)

I am self-conscious about my body during sexual activity. (7)

During sex I worry that my partner will find the appearance or odor of my genitals unattractive. (8)

During sexual activity I keep thinking that parts of my body are too unattractive to be sexy. (9)

There are parts of my body I don't want my partner to see when we are having sex. (10)
<table>
<thead>
<tr>
<th>Sexual activity I worry about what my partner to see when we are having sex. (11)</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>During sexual activity I worry about what my partner thinks about how my body looks. (12)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>During sexual activity I worry that my partner could be turned-off by how parts of my body feel to his/her touch. (13)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>During sexual activity it's hard for me not to think about my weight. (14)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>I feel self-conscious if the room is too well lit when I am having sex. (15)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>I am generally comfortable</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
</tbody>
</table>
having parts of my body exposed to my partner during sexual activity. (16)

During sex there are certain poses or positions I avoid, because of the way my body would look to my partner. (17)

During sexual activity I am distracted by thoughts of how certain parts of my body look. (18)
Demographic Questionnaire:

Q17 I identify myself as (check all that apply):
- White/Caucasian (not of Hispanic origin) (1)
- Black/African America (not of Hispanic origin) (2)
- African/Caribbean (3)
- Black/African (4)
- Hispanic/European Continent (5)
- Hispanic/Central American (6)
- Hispanic/South American (7)
- Latina/Latino (8)
- Asian-American (9)
- South Asian (10)
- East Asian (11)
- South-East Asian (12)
- Middle Eastern (13)
- Native American/Native Alaskan/American Indian (14)
- Hawaiian/Pacific Islander (15)
- Biracial/Multiethnic (please describe): (16) ____________________
- If your ethnic/cultural identity is not listed, please complete this sentence: I identify as (17) ____________________
- I prefer not to answer (18)

Q19 How many years have you lived in the U.S.?

Q20 What year are you at Wellesley?
- First-year (1)
- Sophomore (2)
- Junior (3)
- Senior (4)
- Post-Bac (5)

Q52 How old are you?
- 18 (1)
- 19 (2)
- 20 (3)
- 21 (4)
- 22 (5)
- 23 (6)
- Other: (7) ____________________
Q32 Gender
- Female (1)
- Male (2)
- Transgender (3)
- I prefer: (4) ____________________
- I prefer not to answer. (5)
Table 7

Correlations between Narcissism Measures and Body Image Measures

<table>
<thead>
<tr>
<th></th>
<th>ANS (Adaptive)</th>
<th>Adaptive Narcissism (NPI)</th>
<th>Maladaptive Overt Narcissism (NPI)</th>
<th>Robbins’ Superiority Scale (Overt)</th>
<th>HSNS 10 (Covert)</th>
<th>HSNS EV23 (Covert)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Esteem</td>
<td>.35**</td>
<td>.31**</td>
<td>.16*</td>
<td>.22*</td>
<td>-.05</td>
<td>-.19*</td>
</tr>
<tr>
<td>Physical Condition</td>
<td>.30**</td>
<td>.28**</td>
<td>.12*</td>
<td>.13</td>
<td>-.10</td>
<td>-.25**</td>
</tr>
<tr>
<td>Weight Satisfaction</td>
<td>.26**</td>
<td>.21**</td>
<td>.11</td>
<td>.17*</td>
<td>-.04</td>
<td>-.15*</td>
</tr>
<tr>
<td>Sexual Attractiveness</td>
<td>.35**</td>
<td>.31**</td>
<td>.17*</td>
<td>.26**</td>
<td>0</td>
<td>-.11</td>
</tr>
<tr>
<td>Physical Attractiveness</td>
<td>.18*</td>
<td>.10</td>
<td>-.03</td>
<td>.04</td>
<td>-.15*</td>
<td>-.35**</td>
</tr>
<tr>
<td>Physical Ability</td>
<td>.18*</td>
<td>.24**</td>
<td>.16*</td>
<td>.13</td>
<td>-.05</td>
<td>-.16</td>
</tr>
<tr>
<td>Body Surveillance</td>
<td>-.04</td>
<td>-.09</td>
<td>.18*</td>
<td>.24**</td>
<td>.28**</td>
<td>.43**</td>
</tr>
<tr>
<td>Body Shame</td>
<td>.01</td>
<td>.02</td>
<td>.29**</td>
<td>.16*</td>
<td>.20**</td>
<td>.36**</td>
</tr>
<tr>
<td>Body Control(^a)</td>
<td>.06</td>
<td>.08</td>
<td>-.05</td>
<td>-.05</td>
<td>-.22**</td>
<td>-.22**</td>
</tr>
<tr>
<td>Sexual Body Exposure Anxiety(^b)</td>
<td>-.20**</td>
<td>-.14</td>
<td>.05</td>
<td>0</td>
<td>.21**</td>
<td>.36</td>
</tr>
</tbody>
</table>

Note. Physical Condition, Weight Satisfaction, and Sexual Attractiveness are measured as subscales from the Body Esteem Scale. Physical Attractiveness and Physical Ability are measured as subscales from Fleming and Courtney’s Dimensions of Self Esteem. HSNS 10 = Hypersensitive Narcissism 10-item version; HSNS EV23 = Hypersensitive Narcissism extended 23-item version; ANS = Adaptive Narcissism Scale. Body Surveillance, Body Shame, and Body Control are measured as subscales of the Objectified Body Consciousness Scale (OBCS).

\(^a\) \(N = 174\)

\(^b\) \(N = 165\)

\(N = 175\)

** \(p < 0.05\). ** \(p < 0.01\)