

SUPPLEMENTARY MATERIALS

APPENDIX 1

The Body Identity Scale  
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1. Sometimes I feel that my legs or arms change size: sometimes they get longer and other times they get shorter.
  2. Sometimes I have no feelings, as if I had become a different person.
  3. I get the feeling that the contours of my body are losing clarity, as if I am losing the 'outline' of my body.
  4. Sometimes I lose control of my body movements.
  5. I feel that my body has changed unrecognizably in recent times.
  6. Sometimes I feel that body parts are detached from the rest of the body.
  7. Sometimes the appearance of some parts of my body surprises me, as if they were not mine.
  8. Sometimes looking at photos from the past I have doubts whether it's really me.
  9. My body sometimes seems alien to me.
  10. Sometimes I am so blocked that I can't make a move.
  11. Sometimes my face in the mirror is disturbingly distorted.
  12. Sometimes I feel like a robot or machine.
  13. Sometimes I feel dead inside.
  14. I feel as if my body is made up of unconnected parts.
  15. I feel that over the years my body has undergone continuous and worrying changes.
  16. Sometimes doing a daily activity like washing up or getting dressed take a great deal of effort and focus.
  17. I get the feeling that my body does not belong to me.
  18. The boundaries of my body are sometimes so unclear that I don't know where I end and where I begin.
  19. It happens that I look in the mirror and I seem a stranger to myself.
  20. Sometimes I feel that my body is fragmented.
  21. Sometimes I am unable to feel anything even though I am talking to people and doing things.
  22. Sometimes I can't distinguish my body from the objects around me.
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*Note.* In the study, both aggregated scores including all items and scores reflecting subscales, identified based on factor analysis, can be used (cf. Sakson-Obada, 2020).

Subscales of the Body Identity Scale

1. Continuity of the body in space: 1, 6, 14, 20
2. Sense of being alive: 2, 12, 13, 21
3. Coherence with body movement: 4, 10, 16
4. Sense of boundaries: 3, 18, 22
5. Continuity of the body over time: 5, 8, 11, 15
6. Coherence with the body image: 7, 9, 17, 19