The psychometric properties of a revised body image self-consciousness measure were examined using 11 correlate measures, including a measure of general body image, with a sample of male and female participants. A factor analysis of the BISC-R measure revealed one distinct factor, suggesting there are not male-oriented and female-oriented subscales, as hypothesized. Furthermore, results revealed no significant differences in correlations between body image self-consciousness and body image avoidance and the correlate measures, suggesting body image self-consciousness is essentially a construct similar to body image avoidance. Results provide support for future use of a body image avoidance measure as opposed to a body image self-consciousness measure in research as well as clinical settings.