

Client Information

<i>Client Name</i>	Sarah Smith
<i>Date of birth (age)</i>	1 January 2000 (23)

Assessment Information

<i>Assessment</i>	Appearance Anxiety Inventory (AAI)
<i>Date administered</i>	9 June 2023
<i>Assessor</i>	Ben Buchanan
<i>Time taken</i>	0 minutes 13 seconds

Results

	Score	Average	BDD Percentile	Normative Percentile
Total AAI (0-40)	13	1.3	3.2	38.9
Avoidance (0-24)	9	1.5	-	-
Threat Monitoring (0-16)	3	0.75	-	-

Scoring and Interpretation Information

Scores consist of a total raw score derived by summing each item as well as two subscales.

- Avoidance (items 1, 3, 4, 7, 9 and 10)
- Threat Monitoring (items 2, 4, 6 and 8)

Two percentiles are presented to indicate how AAI scores compare to a body dysmorphic disorder group and a community sample. A BDD percentile of 50 indicates average symptoms for someone with a BDD diagnosis before treatment, while the community percentile represents scores in comparison to a normal population.

Veale et al. (2014) did not define a cut-off score for BDD diagnosis but Mastro et al. (2016) suggested a cutoff score of 20 as being indicative of high risk of clinical problems.

Client Responses

		Not at all	A little	Often	A lot	All the time
1	I compare aspects of my appearance to others	0	1	2	3	4
2	I check my appearance (e.g. in mirrors, by touching with my fingers, or by taking photos of myself)	0	1	2	3	4
3	I avoid situations or people because of my appearance	0	1	2	3	4

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Client Responses (cont.)

		Not at all	A little	Often	A lot	All the time
4	I brood about past events or reasons to explain why I look the way I do	0	1	2	3	4
5	I THINK about how to camouflage or alter my appearance	0	1	2	3	4
6	I am focussed on how I feel I look, rather than on my surroundings	0	1	2	3	4
7	I avoid reflective surfaces, photos, or videos of myself	0	1	2	3	4
8	I discuss my appearance with others or question them about it	0	1	2	3	4
9	I try to camouflage or alter aspects of my appearance	0	1	2	3	4
10	I try to prevent people from seeing aspects of my appearance within particular situations (e.g., by changing my posture, avoiding bright lights)	0	1	2	3	4