

COSMETIC READINESS QUESTIONNAIRE

Practitioner Quick Reference Guide

The Cosmetic Readiness Questionnaire (CRQ) is designed to help practitioners identify psychosocial risk factors in cosmetic patients, and to support patients to feel confident, supported, and well-prepared before deciding on a cosmetic treatment. CRQ results are just one piece of information considered as part of a complete picture of the patient’s health and well-being.

Domain	What High Risk Means	How to Explain to Patient
Psychological Distress	Patient may be feeling stressed, anxious, or low in mood, which can affect decision-making and recovery.	“Your answers show you might be under a bit of stress at the moment. This can sometimes impact how people feel after treatment.”
Body Dysmorphia	Heightened focus on flaws in their appearance, possible signs of Body Dysmorphic Disorder (particularly if the ‘flaw’ is very minor or unobservable).	“Your answers suggest you might be feeling quite focused or worried about certain aspects of your appearance. That can sometimes make it harder to feel happy with results, even if the treatment goes well.”
Self-Criticism	Patient tends to be very hard on themselves, or has very high standards, which can reduce satisfaction with outcomes.	“It looks like you can be quite hard on yourself. Even when treatments go well, that inner critic can sometimes get in the way and make you feel less satisfied with the outcomes.”
Unrealistic Expectations	Goals or hopes for treatment may be beyond what is achievable.	“Your results show you’re really motivated for change. Sometimes people hope for bigger shifts than a procedure can deliver, so it’s important we check together what’s realistic to help you feel happy with your results.”
Lack of Openness	Patient may have been hesitant to answer honestly, which can affect safe planning.	“Some of your answers suggest it might have been hard to be fully open with the questions, which is very normal when you really want to get a procedure. The more open we can be, the safer and smoother the process will be.”

Next Steps and Recommendations

Ask Patient for Clarification: Check in with the patient to see if the questionnaire responses fit with their personal experience, or if there is any additional information they would like to provide.

Avoid Diagnostic Terminology: The CRQ is designed to screen for psychological risk factors, but is not a diagnostic tool. Rather use general terminology, such as the examples in the table above.

Use your Clinical Judgement: The CRQ is one source of information, which can be used alongside information gathered in your consultation or from collateral information. Consider all of this together to reach a clinical judgement on whether onward referral is needed.

Referring on for Further Support: “If any of the above areas are a concern (i.e., CRQ score is High Risk), I’d recommend that we arrange a [referral to see a psychologist](#) before we proceed with a procedure. They can help patients work through these factors so that, if you decide to go ahead with a treatment, you’ll feel more confident, supported, and happy with the outcome.”

Reiterate Professional Guidelines: If the patient does not wish to see a mental health professional, you can remind them of your professional guidelines and your wish for them to be safe and satisfied with the treatment you offer. As such, you won’t be able to proceed without further assessment.

At ReadyMind, we have a team of psychologists who can conduct Cosmetic Readiness Assessments online Australia-wide and provide support for patients before and after a cosmetic procedure. Patients or practitioners can get in touch to make an appointment on 1300 993 755 or at <https://www.readymind.com.au/patient-referrals>.