

COSMETIC READINESS QUESTIONNAIRE

Understanding Your Results

Purpose of the Questionnaire

The Cosmetic Readiness Questionnaire (CRQ) is designed to help make sure you feel confident, supported, and well-prepared before deciding on a cosmetic treatment. The CRQ is not a test you can “pass” or “fail.” These results are just one piece of information and should be discussed with your provider for a complete picture of your health and well-being.

Here’s what each section means and how it may relate to your cosmetic journey.

Questionnaire Section	What it Measures	What a High Score Means
How You’re Feeling (Psychological Wellbeing)	Your current stress, mood, and emotional wellbeing.	You may be under some pressure or feeling low or anxious. This can affect how people feel after treatment, and how they cope with any challenges that may arise along a treatment journey.
Appearance Concerns	How much time and energy you spend worrying about your appearance.	You may be thinking about certain features a lot. This can impact how you feel about yourself and interfere with work, social or personal life. High appearance anxiety can make it harder to feel satisfied with results, even if you have a good outcome.
How you Talk to Yourself (Self-Criticism)	Whether you tend to be harsh or critical of yourself, or hold yourself to a high standard.	You may expect a lot from yourself, or be very aware of imperfections. High standards or a harsh inner critic can make it difficult to feel happy with results, even when things go well.
Expectations and Goals	What you’re hoping the cosmetic treatment will achieve.	You may feel very excited and hopeful about your results. Higher scores may mean your goals could be ambitious compared to what a procedure can realistically deliver.
Comfort in Sharing (Openness)	How easy it was for you to be open and honest when answering questions.	You may have found some questions difficult to answer, or wanted to answer the questions in a certain way to show your cosmetic practitioner that you should get the procedure.

Tips for Further Support

Psychological Wellbeing: Taking steps to look after your wellbeing alongside or before any cosmetic procedures can make the treatment process feel easier and more positive, and help you to feel more confident in your decisions.

Appearance Concerns: Talking through these concerns in more depth can help you feel clearer and more confident before making decisions, and support you to develop a range of coping strategies to manage worries about your appearance.

How you Talk to Yourself: Building more self-kindness can make a big difference in how satisfied you feel with the procedure, and changes in your body in the future. Treatment results tend to be the best when you are already feeling confident and are hoping for a boost!

Expectations: Checking that your goals match what's achievable with your practitioner helps increase the chance you'll feel happy with your results.

Comfort in Sharing: Being open with your practitioner helps them to give you the safest care and the best possible outcome. If there are important factors about your health or wellbeing that you haven't shared, it may mean that your practitioner cannot effectively manage these risks.

Next Steps and Recommendations

Sometimes your results show areas where it could be helpful to chat with a psychologist. This doesn't mean you can't have cosmetic treatment - it's simply a way to make sure you feel prepared, supported, and confident in your decision.

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. Get in touch to make an appointment on 1300 993 755 or at <https://www.readymind.com.au/patient-referrals>