

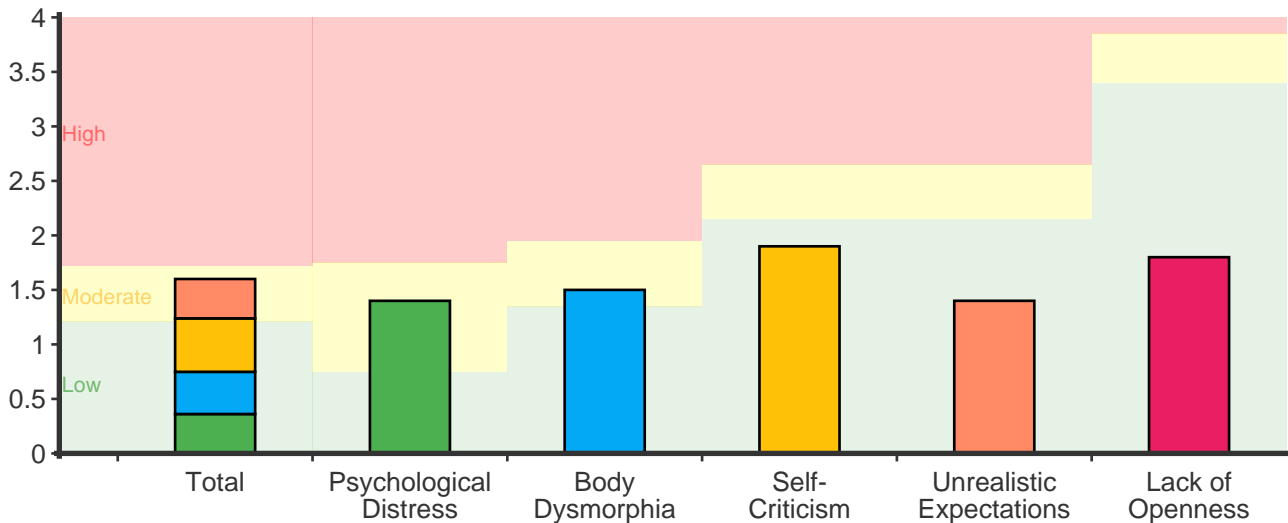
Cosmetic Readiness Questionnaire (CRQ)

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|----------------------------|-----------------|--------------------------|-------------|
| <i>Client Name</i> | Sarah Jones | <i>Date administered</i> | 18 Oct 2024 |
| <i>Date of birth (age)</i> | 5 May 2005 (19) | <i>Time taken</i> | 1 min 2s |
| <i>Assessor</i> | Ben Buchanan | | |

Results

| | Score | Average Score (0-4) | Interpretation |
|------------------------------------|-------|---------------------|----------------|
| Cosmetic Readiness Total (0 - 164) | 65 | 1.6 | Moderate |
| Psychological Distress (0 - 40) | 14 | 1.4 | Moderate |
| Body Dysmorphia (0 - 44) | 16 | 1.5 | Moderate |
| Self-Criticism (0 - 40) | 19 | 1.9 | Low |
| Unrealistic Expectations (0 - 40) | 14 | 1.4 | Low |
| Lack of Openness (0 - 16) | 7 | 1.8 | Low |

CRQ Scores



Interpretation

Overall Risk Rating

This patient has scored in the **MODERATE** risk zone. Their responses on the Cosmetic Readiness Questionnaire have indicated some risk factors which increase the likelihood of dissatisfaction with cosmetic treatment outcomes. Patients in this zone may require a more in-depth consultation and education about realistic outcomes from treatment in order to manage distress, unrealistic expectations or body image concerns.

Consultation Prompts

Given your patient showed elevated risk on at least one subscale, it is recommended that the below points be considered as part of a thorough pre-procedure counselling process.

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Interpretation (cont.)

Psychological Distress

The patient scored Moderate on the Psychological Distress subscale, which identifies the presence of anxiety and depression symptoms. Responses that contributed to this risk score include:

- 32. *I felt downhearted and blue. (Sometimes)*
- 34. *I was intolerant of anything that kept me from getting on with what I was doing. (Sometimes)*
- 39. *I was worried about situations in which I might make a fool of myself. (Sometimes)*
- 41. *I found it difficult to relax. (Sometimes)*

Consultation Recommendations for Patients Scoring Moderate for Psychological Distress:

1) A discussion with your patient about how they have been feeling in general, and how satisfied they have been with their life. Heightened anxiety or depression can complicate the recovery process from a cosmetic procedure as:

- Patients experiencing anxiety may become stressed, overwhelmed or worried by the changes in their appearance, side effects or pain/discomfort they feel after treatment. If a treatment produces undesirable results, they may be less able to cope effectively.
- Patients experiencing depression may be hoping for significant changes in their mood following a cosmetic treatment which may not occur, or they may be more likely to view the treatment results in a negative light. If a treatment produces undesirable results, they may be less able to cope effectively.

2) Cosmetic treatment results are usually improved if anxiety or depression is either treated or well-managed prior to a cosmetic procedure.

Body Dysmorphic Disorder

The patient scored Moderate on the Body Dysmorphic Disorder subscale, which identifies symptoms related to body dysmorphic disorder (BDD), including body related shame, checking and avoidance. BDD is typically a contraindication to cosmetic procedures, particularly if associated with psychological distress. Responses that contributed to this risk score include:

- 13. *I think about unattractive parts of my appearance a lot. (Neither agree nor disagree)*
- 27. *People tell me that I look okay, but I don't believe them. (Neither agree nor disagree)*
- 29. *I spend more than one hour per day thinking about my appearance. (Sometimes)*
- 40. *I compare aspects of my appearance to others. (Sometimes)*
- 43. *My appearance interferes with my ability to socialise. (Sometimes)*

Consultation Recommendations for Patients Scoring Moderate for Body Dysmorphia:

1) A discussion with your patient about their appearance anxiety. You could explain that they have expressed heightened levels of anxiety around their appearance, which seems to be impacting them in areas such as their work, social or romantic life. Patients who are experiencing significant distress or interference relating to their appearance may be hoping for major changes in their mental wellbeing or relationships following cosmetic treatment which cannot be achieved with the procedure. They may benefit from psychological counselling as an adjunct to, or instead of, cosmetic treatment.

2) The cosmetic practitioner should be cautious with a patient experiencing heightened body dysmorphia not to suggest any new appearance flaws or other treatments that the patient has

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Interpretation (cont.)

not specifically requested, as they are likely to continue to fixate on this area or develop new insecurities about this following the consultation.

Scoring and Interpretation Information

The Cosmetic Readiness Questionnaire represents psychological risk factors identified which can impact on patient satisfaction or the distress experienced after a cosmetic procedure. Scores consist of an overall risk rating as well as a risk rating for five subscales. Scores for each of the subscales are calculated by summing the items relevant to that subscale, divided by the number of items. This produces an "average score" between 1 and 4, representing the general level of agreement with the subscale, where:

- 0 - Strongly Disagree
- 1 - Slightly Disagree
- 2 - Neither agree nor disagree
- 3 - Slightly Agree
- 4 - Strongly Agree.

A total score is computed by summing all the questions together except for questions in the Lack of Openness Subscale. Higher scores represent greater psychological risks associated with dissatisfaction with a cosmetic procedure, where:

- Low risk = Scores of 49 and below. Patients scoring in this range have minimal psychological vulnerabilities associated with dissatisfaction with appearance and cosmetic procedures.

- Moderate risk = Scores between 50 and 70. Patients in this zone have some identified psychological risks that can make them vulnerable to dissatisfaction with cosmetic procedures. While research suggests that most people who score in this zone are satisfied with cosmetic outcomes, 45% express at least some reservations about past cosmetic procedures. It is recommended that subscales in the yellow (moderate) or red (high) zone are reviewed to identify specific risks.

- High risk = scores of 71 or above. Patients in this zone have significant psychological risks that can make them vulnerable to distress or dissatisfaction with cosmetic procedures. Research suggests that patients who score in this zone have an approximate 50% probability of experiencing dissatisfaction with a cosmetic procedure. It is recommended that psychological risks are thoroughly assessed before proceeding with a procedure.

The Cosmetic Readiness Scale also includes a final 'Lack of Openness' scale which is designed to assess the presence of 'socially desirable responding' where a person may try to present themselves in a more favourable light in order to avoid judgement or to access cosmetic treatment. A moderate (14 and 15) or high score (16 or above) on the Lack of Openness scale indicates that the patient has not been completely open or honest in their responses. These patients may require a more in-depth consultation to gauge their true motivations, expectations and psychological suitability for cosmetic treatment. The Lack of Openness scale is a 'validity check' and allows the Cosmetic Readiness Questionnaire to be resilient to patients who engage in biased responding. Patients who score red or yellow on Lack of Openness are likely to score low on overall risk, but this result should be interpreted with extreme caution, and a thorough risk assessment should be conducted with these clients before proceeding with a cosmetic

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Scoring and Interpretation Information (cont.)

procedure.

The four core domains assessed in the Cosmetic Readiness Questionnaire include:

1. Psychological Distress (items 28, 30, 32, 34, 36, 37, 39, 41, 42, 45): Identifies the presence of anxiety and depression symptoms. Scores between 8 and 17 are considered moderate risk, while scores 18 or above are high risk.

2. Body Dysmorphia (items 11, 13, 27, 29, 31, 33, 35, 38, 40, 43, 45): Identifies symptoms related to body dysmorphic disorder (BDD), including body related shame, checking and avoidance. Scores between 15 and 21 are considered moderate risk, while scores 22 or above are high risk.

3. Self-Criticism (items 12, 14, 15, 17, 18, 20, 21, 23, 25, 26): Identifies self-esteem problems, propensity to be self-critical and experience shame about themselves and rumination about personal failings. Scores between 22 to 26 are considered moderate risk, while scores 27 or above are high risk.

4. Unrealistic Expectations (items 1 to 10): Identifies heightened and potentially unrealistic expectations for change following a cosmetic procedure across both internal (e.g. self-esteem) and external (e.g., professional or social) domains. Scores between 22 and 26 are considered moderate risk, while scores 27 or above are high risk.

The Cosmetic Readiness Questionnaire is designed to inform the assessment and evaluation of cosmetic patients, but is not a standalone tool. If other risks or concerns are identified during consultation, clinical judgement should be used as to whether or not to proceed with treatment or if referral to a psychologist is indicated.

Client Responses

| | | Strongly disagree | Slightly disagree | Neither agree nor disagree | Slightly agree | Strongly agree |
|---|---|-------------------|-------------------|----------------------------|----------------|----------------|
| 1 | After I get this procedure... | 0 | 1 | 2 | 3 | 4 |
| | My social standing or social media profile will improve. | 0 | 1 | 2 | 3 | 4 |
| 2 | I will be more likely to go to social events. | 0 | 1 | 2 | 3 | 4 |
| 3 | I will be more approachable. | 0 | 1 | 2 | 3 | 4 |
| 4 | I will no longer feel self-conscious about my appearance. | 0 | 1 | 2 | 3 | 4 |

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Client Responses (cont.)

| | | Strongly disagree | Slightly disagree | Neither agree nor disagree | Slightly agree | Strongly agree |
|----|---|-------------------|-------------------|----------------------------|----------------|----------------|
| 5 | People I know will take pride in being with me in public. | 0 | 1 | 2 | 3 | 4 |
| 6 | People will want to invite me to more things. | 0 | 1 | 2 | 3 | 4 |
| 7 | I will be happier. | 0 | 1 | 2 | 3 | 4 |
| 8 | I will be more self-assured. | 0 | 1 | 2 | 3 | 4 |
| 9 | I will become a more appealing colleague or friend. | 0 | 1 | 2 | 3 | 4 |
| 10 | My overall spirits will be lifted. | 0 | 1 | 2 | 3 | 4 |
| 11 | Please rate your agreement with how much each of the following statements apply to you, in general. Do not spend too much time on any one question. I consider an aspect of my appearance to be very unattractive. | 0 | 1 | 2 | 3 | 4 |
| 12 | At times, I think I am no good at all. | 0 | 1 | 2 | 3 | 4 |
| 13 | I think about unattractive parts of my appearance a lot. | 0 | 1 | 2 | 3 | 4 |
| 14 | I feel empty and unfulfilled. | 0 | 1 | 2 | 3 | 4 |
| 15 | I often think that I am a failure. | 0 | 1 | 2 | 3 | 4 |
| 16 | I sometimes try to get even, rather than forgive and forget. | 4 | 3 | 2 | 1 | 0 |
| 17 | I have a lot to be proud of. | 4 | 3 | 2 | 1 | 0 |
| 18 | I replay painful events over and over in my mind until I am overwhelmed. | 0 | 1 | 2 | 3 | 4 |
| 19 | I sometimes feel resentful when I don't get my way. | 4 | 3 | 2 | 1 | 0 |
| 20 | I take a positive attitude towards myself. | 4 | 3 | 2 | 1 | 0 |
| 21 | If I do not do well all the time, people will not respect me | 0 | 1 | 2 | 3 | 4 |
| 22 | I am always kind, even to people who frustrate me. | 0 | 1 | 2 | 3 | 4 |
| 23 | I feel like there is something missing in my life. | 0 | 1 | 2 | 3 | 4 |

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Client Responses (cont.)

| | | Strongly disagree | Slightly disagree | Neither agree nor disagree | Slightly agree | Strongly agree |
|----|---|-------------------|-------------------|----------------------------|----------------|----------------|
| 24 | There have been occasions when I took advantage of someone. | 4 | 3 | 2 | 1 | 0 |
| 25 | I have the ability to be supportive of myself when I feel like I have failed. | 4 | 3 | 2 | 1 | 0 |
| 26 | When I compare myself to others, I am just not as important | 0 | 1 | 2 | 3 | 4 |
| 27 | People tell me that I look okay, but I don't believe them. | 0 | 1 | 2 | 3 | 4 |
| | | Never | Rarely | Sometimes | Often | Always |
| 28 | Please rate how frequently each of the following statements applied to you over the PAST WEEK. Do not spend too much time on any one question. I have felt close to panic. | 0 | 1 | 2 | 3 | 4 |
| 29 | I spend more than one hour per day thinking about my appearance. | 0 | 1 | 2 | 3 | 4 |
| 30 | I found it difficult to work up the initiative to do things. | 0 | 1 | 2 | 3 | 4 |
| 31 | I avoid reflective surfaces, photos or videos of myself. | 0 | 1 | 2 | 3 | 4 |
| 32 | I felt downhearted and blue. | 0 | 1 | 2 | 3 | 4 |
| 33 | I avoid situations or people because of my appearance. | 0 | 1 | 2 | 3 | 4 |
| 34 | I was intolerant of anything that kept me from getting on with what I was doing. | 0 | 1 | 2 | 3 | 4 |
| 35 | I feel distressed when I think about my appearance. | 0 | 1 | 2 | 3 | 4 |
| 36 | I felt that I had nothing to look forward to. | 0 | 1 | 2 | 3 | 4 |
| 37 | I felt scared without any good reason. | 0 | 1 | 2 | 3 | 4 |
| 38 | My appearance interferes with my ability to perform my job. | 0 | 1 | 2 | 3 | 4 |
| 39 | I was worried about situations in which I might make a fool of myself. | 0 | 1 | 2 | 3 | 4 |
| 40 | I compare aspects of my appearance to others. | 0 | 1 | 2 | 3 | 4 |
| 41 | I found it difficult to relax. | 0 | 1 | 2 | 3 | 4 |

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Client Responses (cont.)

| | | Never | Rarely | Sometimes | Often | Always |
|----|--|-------|--------|-----------|-------|--------|
| 42 | I couldn't seem to experience any positive feelings at all. | 0 | 1 | 2 | 3 | 4 |
| 43 | My appearance interferes with my ability to socialise. | 0 | 1 | 2 | 3 | 4 |
| 44 | I am focused on how I feel I look rather than my surroundings. | 0 | 1 | 2 | 3 | 4 |
| 45 | I tended to over react to situations. | 0 | 1 | 2 | 3 | 4 |