

Cosmetic Readiness Questionnaire (CRQ)

Instructions:

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.

		Strongly disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Strongly agree
1	Being compassionate towards myself will improve my overall wellbeing	4	3	2	1	0
2	On the whole, I am satisfied with myself.	4	3	2	1	0
3	I would like to shrink away when I make a mistake.	0	1	2	3	4
4	I consider an aspect of my appearance to be very unattractive.	0	1	2	3	4
5	At times, I think I am no good at all.	0	1	2	3	4
6	No matter who I'm talking to, I'm always a good listener	0	1	2	3	4
7	I think about unattractive parts of my appearance a lot.	0	1	2	3	4
8	I feel empty and unfulfilled.	0	1	2	3	4
9	Other people seem to accept lower standards for themselves than I do	0	1	2	3	4
10	I often think that I am a failure.	0	1	2	3	4
11	I sometimes try to get even, rather than forgive and forget.	4	3	2	1	0
12	Being accepting of myself will help improve my quality of life	4	3	2	1	0
13	I have a lot to be proud of.	4	3	2	1	0
14	The fewer mistakes I make, the more people will like me	0	1	2	3	4
15	I replay painful events over and over in my mind until I am overwhelmed.	0	1	2	3	4
16	I sometimes feel resentful when I don't get my way.	4	3	2	1	0

		Strongly disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Strongly agree
17	I take a positive attitude towards myself.	4	3	2	1	0
18	If I do not do well all the time, people will not respect me	0	1	2	3	4
19	I am always kind, even to people who frustrate me.	0	1	2	3	4
20	I feel like there is something missing in my life.	0	1	2	3	4
21	There have been occasions when I took advantage of someone.	4	3	2	1	0
22	When my emotions are aroused, it biases my thinking	4	3	2	1	0
23	I set higher goals for myself than most people	0	1	2	3	4
24	I have the ability to be supportive of myself when I feel like I have failed	4	3	2	1	0
25	When I compare myself to others, I am just not as important	0	1	2	3	4
26	People tell me that I look okay, but I don't believe them.	0	1	2	3	4
		Never	Rarely	Sometimes	Often	Always
27	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
28	I spend more than one hour per day thinking about my appearance.	0	1	2	3	4
29	I found it difficult to work up the initiative to do things	0	1	2	3	4
30	I avoid reflective surfaces, photos or videos of myself	0	1	2	3	4
31	I felt downhearted and blue	0	1	2	3	4
32	I avoid situations or people because of my appearance	0	1	2	3	4
33	I was intolerant of anything that kept me from getting on with what I was doing.	0	1	2	3	4
34	I feel distressed when I think about my appearance	0	1	2	3	4
35	I felt that I had nothing to look forward to.	0	1	2	3	4

	Never	Rarely	Sometimes	Often	Always	
36	I check my appearance (e.g. in mirrors, by touching with my fingers or taking photos of myself)	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
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

Developer Reference:

Pikoos & Buchanan, 2023. Readymind.com.au

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