

Cosmetic Readiness Questionnaire (CRQ)

The following are statements that people may use to describe how their life will change following a cosmetic procedure. Please rate your agreement with each of the following statements.

After I get this procedure...						
1	My social standing or social media profile will improve	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
2	I will be more likely to go to social events	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
3	I will be more approachable	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
4	I will no longer feel self-conscious about my appearance	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	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
6	People will want to invite me to more things	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
7	I will be happier	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
8	I will be more self-assured	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
9	I will become a more appealing colleague or friend	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
10	My overall spirits will be lifted	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree

Please continue over page

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.

11	I consider an aspect of my appearance to be very unattractive.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
12	At times, I think I am no good at all.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
13	I think about unattractive parts of my appearance a lot.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
14	I feel empty and unfulfilled.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
15	I often think that I am a failure.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
16*	I sometimes try to get even, rather than forgive and forget.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
17*	I have a lot to be proud of.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
18	I replay painful events over and over in my mind until I am overwhelmed.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
19*	I sometimes feel resentful when I don't get my way.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
20*	I take a positive attitude towards myself.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
21	If I do not do well all the time, people will not respect me	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
22	I am always kind, even to people who frustrate me.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
23	I feel like there is something missing in my life.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
24*	There have been occasions when I took advantage of someone.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
25*	I have the ability to be supportive of myself when I feel like I have failed.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
26	When I compare myself to others, I am just not as important	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree
27	People tell me that I look okay, but I don't believe them.	Strongly Disagree	Slightly Disagree	Neither agree nor disagree	Slightly Agree	Strongly Agree

Please continue over page

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.

28	I have felt close to panic	Never	Rarely	Sometimes	Often	Always
29	I spend more than one hour per day thinking about my appearance.	Never	Rarely	Sometimes	Often	Always
30	I found it difficult to work up the initiative to do things	Never	Rarely	Sometimes	Often	Always
31	I avoid reflective surfaces, photos or videos of myself	Never	Rarely	Sometimes	Often	Always
32	I felt downhearted and blue	Never	Rarely	Sometimes	Often	Always
33	I avoid situations or people because of my appearance	Never	Rarely	Sometimes	Often	Always
34	I was intolerant of anything that kept me from getting on with what I was doing.	Never	Rarely	Sometimes	Often	Always
35	I feel distressed when I think about my appearance	Never	Rarely	Sometimes	Often	Always
36	I felt that I had nothing to look forward to.	Never	Rarely	Sometimes	Often	Always
37	I felt scared without any good reason	Never	Rarely	Sometimes	Often	Always
38	My appearance interferes with my ability to perform my job	Never	Rarely	Sometimes	Often	Always
39	I was worried about situations in which I might make a fool of myself.	Never	Rarely	Sometimes	Often	Always
40	I compare aspects of my appearance to others	Never	Rarely	Sometimes	Often	Always
41	I found it difficult to relax	Never	Rarely	Sometimes	Often	Always
42	I couldn't seem to experience any positive feelings at all	Never	Rarely	Sometimes	Often	Always
43	My appearance interferes with my ability to socialise	Never	Rarely	Sometimes	Often	Always
44	I am focused on how I feel I look rather than my surroundings	Never	Rarely	Sometimes	Often	Always
45	I tended to over react to situations	Never	Rarely	Sometimes	Often	Always

Thank you for completing this questionnaire

Scoring Instructions

Items are scored from 0 to 4 (0 = strongly disagree OR never), (4 = strongly agree OR always).

*IMPORTANT: Before beginning the scoring process, items 16, 17, 19, 20, 24 and 25 should be reverse coded i.e.,

- A score of 4 is recoded to 0
- A score of 3 is recoded to 1
- A score of 2 is recoded to 2
- A score of 1 is recoded to 3
- A score of 0 is recoded to 4

Scoring Matrix

CRQ Scale	Scoring Instructions	Score	Interpretation (based on average scores)		
			Low	Moderate	High
Total Score (excludes Lack of Openness scale)	Sum all items together EXCEPT items 16, 19, 22 and 24 (*ensure relevant items are reverse-coded first)		49 or below	50 - 70	71 or above
Psychological Distress	Sum items 28, 30, 32, 34, 36, 37, 39, 41, 42, 45		7 or below	8 – 17	18 or above
Body Dysmorphia	Sum items 11, 13, 27, 29, 31, 33, 35, 38, 40, 43, 45		14 or below	15 - 21	22 or above
Self-Criticism	Sum items 12, 14, 15, 17, 18, 20, 21, 23, 25, 26 (ensure relevant items are reverse-coded first)		21 or below	22 – 26	27 or above
Unrealistic Expectations	Sum items 1-10		21 or below	22 – 26	27 or above
Lack of Openness	Sum items 16, 19, 22, 24		13 or below	14 - 15	16

The Cosmetic Readiness Questionnaire (CRQ)

Pikoos, Buchanan, Hegarty and Rossell (2024)

www.readymind.com.au

The [Cosmetic Readiness Questionnaire](#) (CRQ, Pikoos et al., 2024) is an assessment tool which helps cosmetic professionals determine a patient's mindset and readiness to undergo a cosmetic procedure, including body dysmorphic disorder and other psychological concerns. It is designed as a screening tool, and not a diagnostic tool. Any relevant diagnoses should be made by a suitably qualified mental health professional.

The CRQ has 45-items which assess psychological risk factors relating to readiness to undergo a cosmetic procedure. It is composed of well-validated psychometric scales assessing important dimensions of the cosmetic patient experience and factors which have previously been identified as predictors of patient dissatisfaction or poor treatment outcomes.

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

- **Psychological Distress:** Identifies the presence of anxiety and depression symptoms.
- **Body Dysmorphia:** Identifies the presence of body dysmorphic disorder (BDD) symptoms.
- **Self-Criticism:** Identifies self-esteem problems, perfectionistic tendencies and propensity to be self-critical and experience shame about themselves or their appearance.
- **Unrealistic Expectations:** 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.

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 red score on the Lack of Openness scale may indicate that the patient has not been completely open or honest in their responses, and therefore 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 Scale to be resilient to patients who engage in biased responding.

Individuals scoring in the high-risk zone on CRQ Total Score are 78% more likely to be dissatisfied with cosmetic procedures than individuals in the low risk zone. Individuals who are high risk may benefit from a referral to a mental health professional for further assessment and recommendations prior to administering a cosmetic procedure or surgery.

Individuals scoring high risk on any of the individual subscales may also benefit from onward referral to a mental health professional, or additional pre-operative consultation or counselling with their cosmetic practitioner to ensure any mental health concerns or unrealistic expectations are well-managed before commencing a cosmetic procedure.



Want to save time on administering and scoring the Cosmetic Readiness Questionnaire?

With ReadyMind software, you can email assessments to patients with the click of a button, allowing them to complete questionnaires prior to your appointment. A report is automatically generated for you, highlighting the risks for your patient and some recommendations on how to manage them.

Automated psychological screening software built for cosmetic practitioners



- ✓ COMPLIES WITH AHRA GUIDELINES
- ✓ VALIDATED ASSESSMENTS
- ✓ SATISFIED PATIENTS

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The [ReadyMind](#) platform includes a suite of questionnaires relevant to your aesthetic practice, including body dysmorphic disorder (BDD) screening questionnaires, the [Cosmetic Readiness Questionnaire](#) and other patient-reported outcome measures to track and review your outcomes as part of your CPD requirements.

Try a 30 day free trial of the ReadyMind screening software at <https://ready.readymind.com.au/register>

Sample CRQ Report

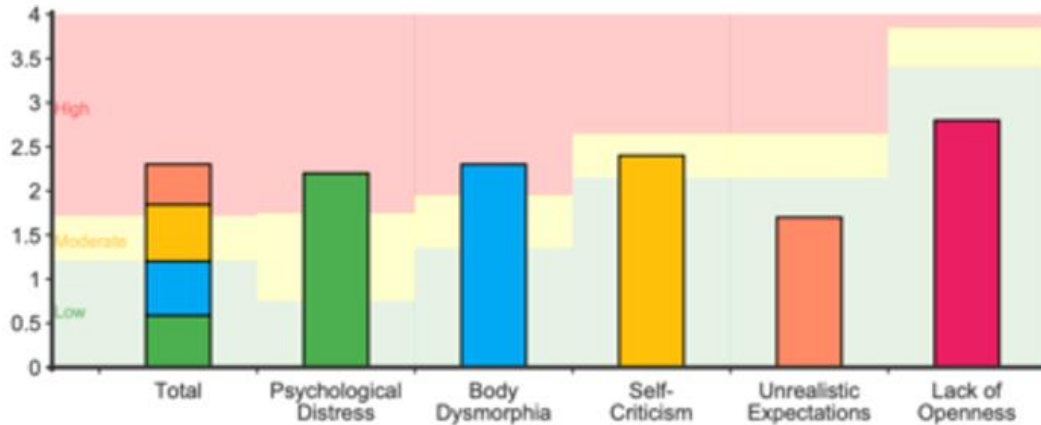
Cosmetic Readiness Questionnaire (CRQ-v1.1)

Client Name	Timothy Chalamet	Date administered	2 Oct 2024
Date of birth (age)	20 Feb 1976 (48)	Time taken	51s
Assessor	Dr Daniel Kahneman		

Results

	Score	Average Score (0-4)	Interpretation
Cosmetic Readiness Total (0 - 164)	93	2.3	High
Psychological Distress (0 - 40)	22	2.2	High
Body Dysmorphia (0 - 44)	25	2.3	High
Self-Criticism (0 - 40)	24	2.4	Moderate
Unrealistic Expectations (0 - 40)	17	1.7	Low
Lack of Openness (0 - 16)	11	2.8	Low

CRQ Scores



Interpretation

Overall Risk Rating

This patient has scored in the **HIGH** risk zone. Their responses on the Cosmetic Readiness Questionnaire have indicated several risk factors which increase the likelihood of dissatisfaction with cosmetic treatment outcomes. A thorough psychological risk assessment is recommended before proceeding with a cosmetic procedure, such as a cosmetic readiness assessment conducted by an independent psychologist.

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.

Try a 30 day free trial of the ReadyMind screening software at <https://ready.readymind.com.au/register>