

## Client Information

<i>Client Name</i>	Dummy Client
<i>Date of birth (age)</i>	1 January 2000 (23)

## Assessment Information

<i>Assessment</i>	Cosmetic Readiness Questionnaire (CRQ)
<i>Date administered</i>	4 June 2023
<i>Assessor</i>	Ben Buchanan
<i>Time taken</i>	3 minutes 6 seconds

## Assessment Summary

Cosmetic Readiness Rating	Yellow
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## Cosmetic Readiness Sub-Scales

	Average Score (0-4)	Risk Category
Body Dysmorphia	1.9	Yellow
Psychological Distress	1.5	Green
Self-Criticism	1.5	Green
Perfectionism	2.8	Yellow
Openness	2.2	Green

## Interpretation & Recommendations

### \*\*\* Cosmetic Readiness Overall Score \*\*\*

Your patient has scored in the YELLOW zone. Their responses on the Cosmetic Readiness Scale have indicated some risk factors which increase the likelihood of dissatisfaction with cosmetic treatment outcomes. Patients in the yellow zone may require a more in-depth consultation and education about realistic outcomes from treatment in order to manage unrealistic expectations that they might have.

### \*\*\* 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.

\* Consultation Recommendations for Patients Scoring YELLOW or RED 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

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### Interpretation & Recommendations (cont.)

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

\* Consultation Recommendations for Patients Scoring YELLOW or RED for Perfectionism: \*

1) Provide feedback to your patient about their tendency to have high standards for themselves and be hard on themselves when they make a mistake, or doubt the choices that they have made.

2) A patient with high perfectionism may require education about realistic treatment outcomes, a reminder that no treatment outcomes are guaranteed, and that while they may see improvement in their areas of concern, perfection is rarely possible through cosmetic treatment or surgery.

### Scoring and Interpretation Information

The Cosmetic Readiness Rating represents the psychological risk factors identified which can impact on patient satisfaction or the distress experienced postoperatively.

Scores consist of an overall risk rating as well as a risk rating for five sub-scales. Scores for each of the subscales are calculated by summing the items relevant to that sub-scale, divided by the number of items. This produces an "average score" between 1 and 4, normalising scores across sub-scales.

Green scores indicate that MINIMAL risk of dissatisfaction or distress is identified. Scores are green when 4 out of 5 subscales in Part B are green, and there were no scores in the red.

Yellow indicates that MODERATE risk of dissatisfaction or distress is identified. Scores are yellow when 2 or more scales are in the yellow zone, or there is 1 red and 1 yellow scale score.

Red indicates that HIGH risk of dissatisfaction or distress is

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### Scoring and Interpretation Information (cont.)

identified. Scores are red if there are more than 2 red scale score, 1 red and more than 2 yellow scale scores, or 4+ yellow scales.

### Client Responses

		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
17	I take a positive attitude towards myself.	4	3	2	1	0

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### Client Responses (cont.)

		Strongly disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Strongly agree
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	<small>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.</small> 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

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### Client Responses (cont.)

		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