readymind

Client Information

Client Name	Dummy Client
Date of birth (age)	1 January 2000 (23)

Assessment Information

Assessment	Cosmetic Motivations Questionnaire (CMQ)
Date administered	2 August 2023
Assessor	Toni Pikoos
Time taken	1 minutes 19 seconds

Results

	Average Score (0-2)
Beautification	1
Correction	0.2
Positive Ageing	1
Transformation	0.4
Emotional	0

Interpretive Text

*** MOTIVATIONAL ARCHETYPES ***

Note. Multiple subscales have the equal highest average score (2 subscales):

*** Beautification ***

Your patient is primarily motivated by 'beautification'. This means that they are seeking this treatment to look more attractive or keep up to date with beauty trends. They are likely to be more influenced by social media and the treatment outcomes of their peer group. As such, they may also be susceptible to more impulsive decision making.

Patients in this group are usually well-researched and may have pre-existing ideas about the treatments and results they are after. However, they may request treatments that won't suit their anatomy or may differ from their racial or cultural identity.

Treatment Considerations:

1) Education around unrealistic expectations, the effects of camera distortion if taking selfies or videos, and principles of facial balance.

2) If impulsivity is identified, or a tendency to get a new procedure "on a whim", a thorough consultation and cooling off period before going ahead with treatment is

Client Name	Dummy Client

Interpretive Text (cont.)

recommended.

3) Patients will require a trusting relationship with their practitioner so that you can correct any misinformation or preconceived ideas they have from their own research.

4) Body dysmorphic disorder (BDD) is more likely in this patient group. Review their BDD screening results before making treatment decisions.

*** Positive Aging ***

Your patient is primarily motivated my minimising or hiding the signs of ageing. These patients often want subtle results without changing "who" they are. They may want to prevent further signs of ageing. They may also want to hide or eliminate negative emotional expressions that result from facial ageing (e.g., sad, tired or angry). They may be hesitant about pursuing cosmetic treatment or surgery for fear of looking unnatural.

Treatment Considerations:

1) A trusting relationship with their practitioner, and a conservative treatment approach to avoid looking unnatural. They benefit from detailed explanations of the treatment plan and reassurance that their unique look will not change.

2) There is a further opportunity to build confidence in this patient group by talking to them about their interests, strengths and talents outside of their physical appearance to maintain their self-worth even if their bodies are ageing.

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Average Scores
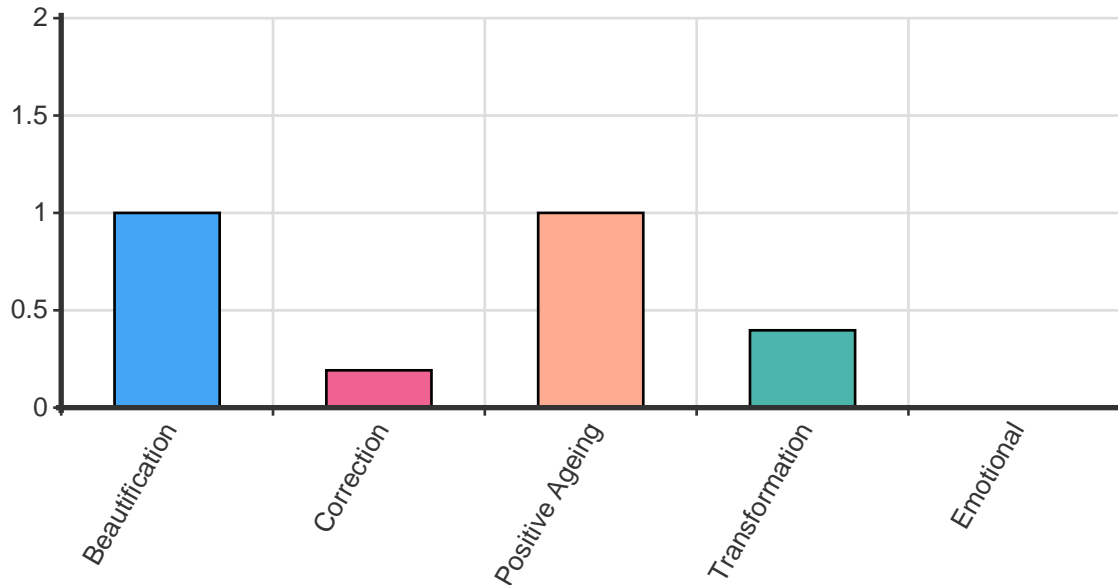
Scoring and Interpretation Information

Scores between 0 and 2 are presented for each one of the five motivations below. Higher scores indicate greater identification with that motivational archetype.

1. Beautification: Items 1, 2, 4, 9, 12, 19, 21

This describes a patient who is primarily motivated by enhancing their physical attractiveness, or keeping up to date with beauty trends.

2. Correction: Items 11, 16, 17, 24, 27

This describes a patient who is primarily motivated by correcting insecurities, or fixing a 'defect' in their physical appearance. This could be a perceived or visible feature in their appearance.

3. Transformation: Items 3, 6, 7, 8, 17

This describes a patient who is eager for more drastic changes through cosmetic treatment. They may be hoping for professional, romantic or social changes after the procedure, or be seeking to alter their gender or racial identity through treatment.

4. Positive Ageing: Items 5, 13, 14, 23, 25

This describes a patient who is primarily motivated by reducing signs of ageing or slowing down the progression of ageing. They

Scoring and Interpretation Information (cont.)

often want natural results and to preserve their existing look.

5. Emotional: Items 10, 15, 20, 22, 26

This describes a patient who may have emotional or psychological reasons for undertaking the procedure, such as a perceived flaw in their physical appearance, or a history of trauma or bullying which contributed to their treatment interest.

The items relating to each subscale are summed and averaged to produce an "average score", which indicates the average response on the likert scale where:

0 = Does not apply
1 = Somewhat applies
2 = Applies very much

The subscale with the highest average score is considered to be the patients' primary motivational archetype and results are presented accordingly. If the patient has more than 3 equal maximum subscale scores, then only the first three archetypes are presented for ease of interpretation. If the patient's highest average score is less than 1 (so not a particularly high average score) then only one archetype is presented (regardless if there are multiple equal subscale average scores).

Client Responses

		Does not apply to me	Somewhat applies to me	Applies to me very much
1	Look more attractive	0	1	**2**
2	Look better in photos or videos	0	1	**2**
3	Look more approachable or make a better first impression on others	**0**	1	2
4	Improve my social media profile or social standing	0	**1**	2
5	Look younger or slow down the ageing process	0	**1**	2
6	Look good professionally or compete with colleagues	0	1	**2**
7	Look more feminine	**0**	1	2

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Client Responses (cont.)

		Does not apply to me	Somewhat applies to me	Applies to me very much
8	Look more masculine	**0**	1	2
9	Look more like I do in filtered or edited images	0	**1**	2
10	Improve an aspect of my appearance which I dislike (even though others think I look fine)	**0**	1	2
11	Look more symmetrical	**0**	1	2
12	Keep up with current beauty trends	0	**1**	2
13	Reduce signs of ageing but still look like myself	0	1	**2**
14	Look or feel more refreshed	0	1	**2**
15	Feel happier	**0**	1	2
16	Improve a feature which I have been teased or bullied about	**0**	1	2
17	Attract a romantic partner, or look good for a partner	**0**	1	2
18	Improve a feature that I feel self-conscious about	0	**1**	2
19	Look good for an upcoming event	**0**	1	2
20	Feel more self-confident	**0**	1	2
21	Look noticeably 'enhanced'	**0**	1	2
22	Look more normal	**0**	1	2
23	Reduce or hide negative emotional expressions (e.g., sadness or anger)	**0**	1	2
24	Correct an aspect of my appearance caused by an injury or birth defect	**0**	1	2
25	Look more like myself again	**0**	1	2
26	Reduce the amount of time I spend worrying about my appearance	**0**	1	2

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Client Responses (cont.)

		Does not apply to me	Somewhat applies to me	Applies to me very much
27	Fix a feature that has been holding me back from living my life	**0**	**1**	**2**