

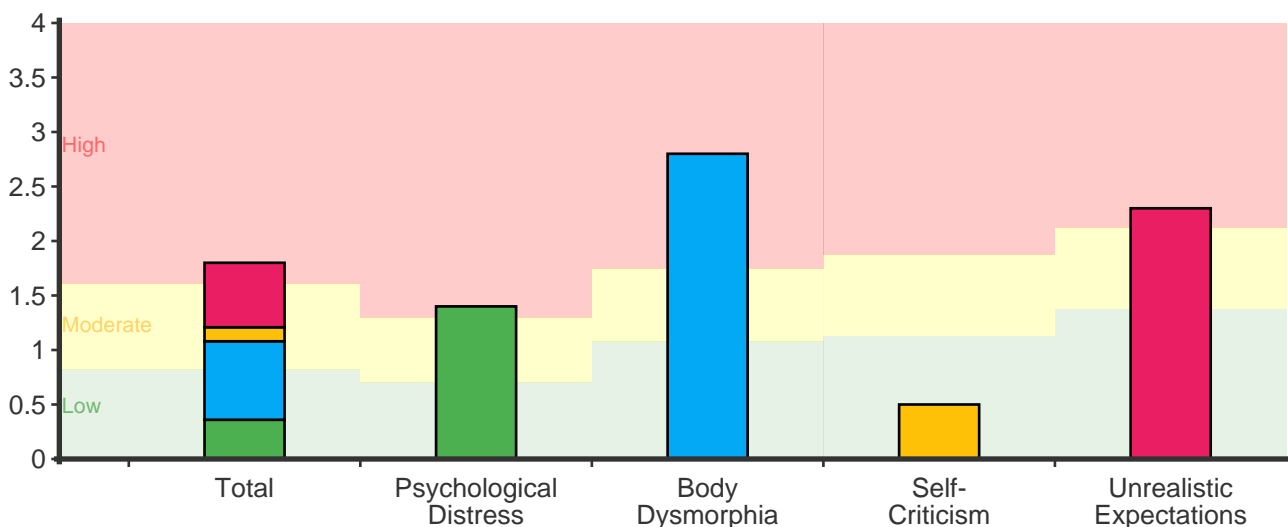
Cosmetic Readiness Questionnaire - Brief (CRQ-Brief)

<i>Client Name</i>	Dummy Client	<i>Date administered</i>	9 Feb 2026
<i>Date of birth (age)</i>	1 Jan 2000 (26)	<i>Time taken</i>	49s
<i>Assessor</i>	Toni Pikoos		

Results

	Score	Average Score (0-4)	Interpretation
Cosmetic Readiness Total (0 - 76)	35	1.8	High
Psychological Distress (0 - 30)	7	1.4	High
Body Dysmorphia (0 - 24)	17	2.8	High
Self-Criticism (0 - 16)	2	0.5	Low
Unrealistic Expectations (0 - 16)	9	2.3	High
Past Dissatisfaction (0 - 3)	2	-	Moderate
Reliability Risk Index (0 - 8)	3	-	Moderate

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.

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Interpretation (cont.)

Psychological Distress

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

- 11. *I felt downhearted and blue (Sometimes)*
- 15. *I felt scared without any good reason (Sometimes)*
- 17. *I found it difficult to relax (Sometimes)*

Consultation Recommendations for Patients Scoring High 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 High 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:

- 10. *I avoid reflective surfaces, photos or videos of myself. (Always)*
- 6. *I think about unattractive parts of my appearance a lot (Slightly agree)*
- 13. *I feel distressed when I think about my appearance (Often)*

Consultation Recommendations for Patients Scoring High 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 not specifically requested, as they are likely to continue to fixate on this area or develop new insecurities about this following the consultation.

Unrealistic Expectations

The patient scored High on the Unrealistic Expectations subscale. The Unrealistic Expectations

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Interpretation (cont.)

subscale identifies heightened hopes and expectations for change following a cosmetic procedure across both internal (e.g. self-esteem) and external (e.g., professional or social) domains. This heightens the risk of dissatisfaction if the results from the procedure falls short of these expectations, both the physical result and the expectation of their wider life improving. Responses that contributed to this risk score include:

- 1. *I will be more likely to go to social events. (Slightly agree)*
- 2. *I will be more approachable (Slightly agree)*

Consultation Recommendations for Patients Scoring High for Perfectionism:

- 1) Provide feedback about realistic physical expectations of the procedure and potential outcomes. A discussion of incremental improvements rather than radical transformations can help the patient develop a more grounded understanding of what is possible.
- 2) Explore the reasons behind the patient's desire for the procedure, including improved self-esteem, social standing and confidence. Listen carefully to the patient's goals and expectations to identify any unrealistic predictions. Try and pinpoint any discrepancies between those expectations and what seems likely to occur.

Past Dissatisfaction

The patient scored Moderate when asked about their satisfaction with past cosmetic procedures on Question 20, indicating some degree of dissatisfaction is present.

Consultation Recommendations for Patients Scoring Moderate for Past Dissatisfaction:

- 1) Research suggests that past dissatisfaction can be a predictor of future dissatisfaction with cosmetic treatment results, even when there has been a good aesthetic outcome.
- 2) Past dissatisfaction may also indicate other associated psychological risk factors, such as unrealistic expectations, body dysmorphic disorder, or other mental health concerns.
- 3) We recommend a further discussion with the patient about the nature of their dissatisfaction - for example, whether it stemmed from unmet expectations, poor communication, or technical issues with the procedure.
- 4) Clarify what has changed since their last treatment and what their expectations are this time.
- 5) If their previous distress was significant or prolonged, consider psychological consultation before proceeding with additional procedures.

Reliability Risk Index (RRI)

The patient scored Moderate on the Reliability Risk Index (RRI), which assesses the consistency and reliability of questionnaire responses. A high score may suggest that the patient's responses were inconsistent, too fast, or lacked variability, meaning they may not have engaged fully with the questionnaire or may have found the questions difficult to understand or answer. They may also have been overly cautious in how they present themselves, or may have attempted to minimise or downplay distress.

This compromises the validity of their scores on the CRQ-Brief. Scores on the other CRQ subscales should not be considered an accurate representation of the patient's mindset.

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Interpretation (cont.)

Consultation Recommendations for Patients Scoring Moderate on the RRI:

- 1) Results should be interpreted with caution, and clinical impressions should take precedence over self-report scores.
- 2) Consider clarifying key responses with the patient - for example, asking open-ended questions about their motivations, expectations, and current wellbeing - to verify the accuracy of the information provided.
- 3) If the patient appeared disengaged, rushed, or anxious during the questionnaire process, you may wish to supplement the questionnaire with a brief discussion or structured interview to confirm their risk profile.
- 4) It is not recommended to re-administer the questionnaire within a short time frame (less than 1 month).
- 5) If unsure, refer to a mental health professional for further assessment. You could explain this to your patient as: "There is one scale in the questionnaire which tells us about the validity of the assessment – if this flags as high risk, we have to refer on for further assessment before we can proceed. There could be several reasons why this has flagged, so before we go ahead with any treatments, I would like you to speak to a mental health professional to further understand your motivations and expectations for this procedure."

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 items 1 - 19 together. Higher scores represent greater psychological risks associated with dissatisfaction with a cosmetic procedure, where:

- Low Risk = Scores below 15.5. Patients scoring in this range have minimal psychological vulnerabilities associated with dissatisfaction with appearance and cosmetic procedures.
- Moderate Risk = Scores between 15.5 and 30.5. 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 moderate or high-risk zone are reviewed to identify specific risks.

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Scoring and Interpretation Information (cont.)

- High Risk = scores above 30.5. 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 five core domains assessed in the CRQ-Brief include:

1. Psychological Distress (items 11, 14, 15, 17, 18): Identifies the presence of anxiety and depression symptoms. Scores between 3.5 and 6.5 are considered moderate risk, while scores above 10.5 are high risk.
2. Body Dysmorphia (items 6, 10, 12, 13, 16, 19): Identifies symptoms related to body dysmorphic disorder (BDD), including body related shame, checking and avoidance. Scores between 6.5 and 10.5 are considered moderate risk, while scores above 10.5 are high risk.
3. Self-Criticism (items 5, 7, 8, 9): Identifies self-esteem problems, propensity to be self-critical and experience shame about themselves and rumination about personal failings. Scores between 4.5 and 7.5 are considered moderate risk, while scores above 7.5 are high risk.
4. Unrealistic Expectations (items 1, 2, 3, 4): Identifies heightened and potentially unrealistic expectations for external (e.g., professional or social) change following a cosmetic procedure. Scores between 5.5 and 8.5 are considered moderate risk, while scores above 8.5 are high risk.
5. Past Dissatisfaction (item 20): identifies a history of dissatisfaction with past cosmetic procedures. A score of 2 is considered moderate dissatisfaction, while a score of 1 is high risk of dissatisfaction.

The Reliability Risk Index (RRI) is a built-in quality check in the online CRQ-Brief that helps identify when a questionnaire might not reflect a person's true responses - for example, if it was completed too quickly, with little variation, or in an inconsistent way.

The RRI combines four checks of response quality:

1. Response Invariance: Looks at how much the person varies their answers. Little or no variation may suggest they weren't attending carefully.
2. Self-Criticism Discordance: Checks for inconsistencies between similar items that are worded in opposite directions.
3. Zero Distress Flag: Identifies cases where someone marks "0 - not at all" on nearly every distress item, which can sometimes mean the questionnaire wasn't read carefully or that distress was under-reported. A zero score on psychological distress is uncommon, and occurs in less than 5% of the general population (Crawford & Henry, 2003)
4. Response Speed: Flags responses that were completed unusually quickly, suggesting possible inattention.

Each of these areas is rated as Green (OK), Yellow (possible concern), or Red (high concern).

The four scores are then combined to give an overall RRI score (0-8):

- Green (3.5): High likelihood of invalid responding – recommend further review.

A 'high risk' score on the RRI suggests that the patient's responses may not be entirely open or reliable. In such cases, a more in-depth consultation is recommended to explore their motivations, expectations, and psychological readiness for treatment.

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Client Responses

		Strongly disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Strongly agree
1	After I get this procedure... I will be more likely to go to social events	0	1	2	3	4
2	I will be more approachable	0	1	2	3	4
3	People will want to invite me to more things	0	1	2	3	4
4	I will become a more appealing colleague or friend	0	1	2	3	4
5	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 have a lot to be proud of	4	3	2	1	0
6	I think about unattractive parts of my appearance a lot	0	1	2	3	4
7	I feel empty and unfulfilled	0	1	2	3	4
8	I often think that I am a failure	0	1	2	3	4
9	I take a positive attitude towards myself	4	3	2	1	0
		Never	Rarely	Sometimes	Often	Always
10	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 avoid reflective surfaces, photos or videos of myself	0	1	2	3	4
11	I felt downhearted and blue	0	1	2	3	4
12	I avoid situations or people because of my appearance	0	1	2	3	4
13	I feel distressed when I think about my appearance	0	1	2	3	4
14	I felt that I had nothing to look forward to	0	1	2	3	4
15	I felt scared without any good reason	0	1	2	3	4
16	My appearance interferes with my ability to socialise	0	1	2	3	4
17	I found it difficult to relax	0	1	2	3	4
18	I couldn't seem to experience any positive feelings at all	0	1	2	3	4

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Client Responses (cont.)

		Never	Rarely	Sometimes	Often	Always
19	I am focused on how I feel I look rather than my surroundings	0	1	2	3	4
20	Have your past cosmetic procedures been worth the time, expense and recovery?					
	0 Not applicable (I have not had a cosmetic procedure before)					
	1 Not worth it					
	2 Worth it, with some reservations					
	3 Very worth it					

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Reliability Risk Index (RRI) Breakdown

	Score	Metric	Interpretation
Response Invariance (0 - 2)	0	SD = 1.14	Low
Self-Criticism Discordance (0 - 2)	1	Diff = 1	Moderate
Zero Distress Flag (0 - 2)	0	Prop = 0.2	Low
Response Speed (0 - 2)	2	Sec/Q = 0	High
Total RRI (0 - 8)	3	-	Moderate