

Cosmetic Procedures Screening Questionnaire (COPS)

Instructions:

This questionnaire aims to understand how you feel about your appearance prior to a cosmetic procedure. Most people have a feature or features they dislike or would like to improve about their appearance. Please indicate how you feel about this feature or features in the following questions.

		0 - About 40 times or more a day	1	2 - About 20 times a day	3	4 - About 10 times a day	5	6 - About 5 times a day	7	8 - Never check
1	How often do you deliberately check your feature(s)? Not accidentally catch sight of it. Please include looking at your feature in a mirror or other reflective surfaces like a shop window or looking at it directly or feeling it with your fingers.	8	7	6	5	4	3	2	1	0
		0 - Very ugly or 'not right'	1	2 - Markedly unattractive	3	4 - Moderately unattractive	5	6 - Slightly unattractive	7	8 - Not at all unattractive
2	How much do you feel your feature(s) is currently ugly, unattractive or 'not right'?	8	7	6	5	4	3	2	1	0
		0 - Not at all distressing	1	2 - Slightly distressing	3	4 - Moderately distressing	5	6 - Markedly distressing	7	8 - Extremely distressing
3	How much does your feature(s) currently cause you a lot of distress?	0	1	2	3	4	5	6	7	8
		0 - Always avoid	1	2 - Avoid about three quarters of the time	3	4 - Avoid about half the time	5	6 - Avoid about a quarter of the time	7	8 - Never avoid
4	How often does your feature(s) currently lead you to avoid situations or activities?	8	7	6	5	4	3	2	1	0
		0 - Not at all preoccupied	1	2 - Slightly preoccupied	3	4 - Moderately preoccupied	5	6 - Very preoccupied	7	8 - Extremely preoccupied
5	How much does your feature(s) currently preoccupy you? That is, you think about it a lot and it is hard to stop thinking about it?	0	1	2	3	4	5	6	7	8
		0 - Not at all	1	2 - Slightly	3	4 - Moderately	5	6 - Markedly	7	8 - Extremely
6	If you have a partner, how much does your feature(s) currently have an effect on your relationship with an existing partner? If you do not have a partner, how much does it have an effect on dating or developing a relationship?	0	1	2	3	4	5	6	7	8
		0 - Not at all	1	2 - Slightly	3	4 - Moderately	5	6 - Markedly	7	8 - Very severely, I can't work
7	How much does your feature(s) currently interfere with your ability to work or study, or your role as a homemaker? (Please rate this even if you are not working or studying; we are interested in your ability to work or study.)	0	1	2	3	4	5	6	7	8
		0 - Not at all	1	2 - Slightly	3	4 - Moderately	5	6 - Markedly	7	8 - Very severely
8	How much does your feature(s) currently interfere with your social life?	0	1	2	3	4	5	6	7	8

		0 - Not at all	1	2 - Slightly	3	4 - Moderately	5	6 - Mostly	7	8 - Totally
9	How much do you feel your appearance is the most important aspect of who you are?	0	1	2	3	4	5	6	7	8

Developer Reference:

Veale, D., Ellison, N., Werner, T. G., Dodhia, R., Serfaty, M. A., & Clarke, A. (2012). Development of a cosmetic procedure screening questionnaire (COPS) for body dysmorphic disorder. *Journal of Plastic, Reconstructive & Aesthetic Surgery*, 65(4), 530-532.

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