

Cosmetic Readiness Questionnaire - Brief (CRQ-Brief)

Instructions:

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.

		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.	4	3	2	1	0
	I have a lot to be proud of					
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.	0	1	2	3	4
	I avoid reflective surfaces, photos or videos of myself					
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

		Never	Rarely	Sometimes	Often	Always
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
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					

Developer Reference:

Pikoos, T. D., Buchanan, B., Hegarty, D., & Rossell, S. L. (2025).

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