

## Patient Satisfaction Questionnaire – Emotional Outcomes (PSQ-EO)

### Instructions:

These are statements which people might use to describe how their life has changed since a cosmetic procedure. With your appearance in mind, how much do you agree or disagree with each statement?

Since I had my procedure...

		Strongly disagree	Slightly disagree	Neutral	Slightly agree	Strongly agree
1	I have felt more approachable	0	1	2	3	4
2	I am more likely to go to social events	0	1	2	3	4
3	My social standing or social media profile has improved	0	1	2	3	4
4	I no longer feel self-conscious about my appearance	0	1	2	3	4
5	I am happier	0	1	2	3	4
6	I am more self-assured	0	1	2	3	4
7	I have felt close to panic	4	3	2	1	0
8	I spend more than one hour per day thinking about my appearance.	4	3	2	1	0
9	I felt downhearted and blue	4	3	2	1	0
10	I feel distressed when I think about my appearance	4	3	2	1	0
11	I felt that I had nothing to look forward to.	4	3	2	1	0
12	I compare aspects of my appearance to others	4	3	2	1	0
13	I found it difficult to relax	4	3	2	1	0
14	I couldn't seem to experience any positive feelings at all	4	3	2	1	0
15	I am focused on how I feel I look rather than my surroundings	4	3	2	1	0

		Strongly disagree	Slightly disagree	Neutral	Slightly agree	Strongly agree
16	I tended to over react to situations	4	3	2	1	0
17	People tell me I look okay, but I don't believe them	4	3	2	1	0
18	On the whole, I am satisfied with myself	0	1	2	3	4
19	How long has it been since the procedure?					

**Developer Reference:**

Pikoos, T. D., & Buchanan, B. (2024). [www.readymind.com.au](http://www.readymind.com.au)

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