



King's Research Portal

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Body Image

Please answer the following for how you have felt over the past week.

1) How often do you 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.

0 1 2 3 4 5 6 7 8

About 40 times or more a day About 20 times a day About 10 times a day About 5 times a day Never Check

2) To what extent do you feel your feature(s) are **currently** ugly, unattractive or 'not right'?

0 1 2 3 4 5 6 7 8

Very ugly or 'not right' Markedly unattractive Moderately unattractive Slightly unattractive Not at all unattractive

3) To what extent does your feature(s) **currently** cause you a lot of distress?

0 1 2 3 4 5 6 7 8

Not at all distressing Slightly distressing Moderately distressing Markedly distressing Extremely distressing

4) How often does your feature(s) **currently** lead you to avoid situations or activities?

0 1 2 3 4 5 6 7 8

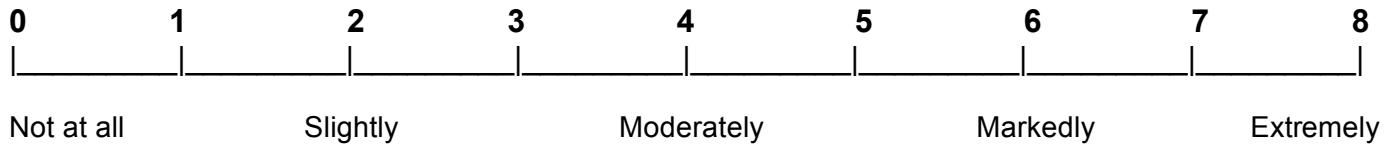
Always avoid Avoid about three quarters of the time Avoid about half of the time Avoid about a quarter of the time Never avoid

5) To what extent does your feature(s) **currently** preoccupy you? That is, you think about it a lot and it is hard to stop thinking about it?

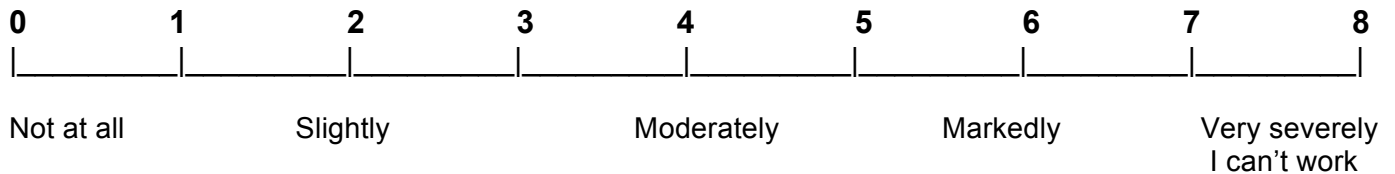
0 1 2 3 4 5 6 7 8

Not at all preoccupied Slightly preoccupied Moderately preoccupied Very preoccupied Extremely preoccupied

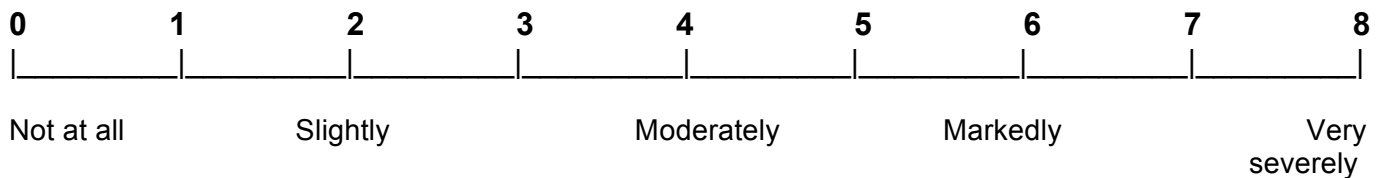
6) If you have a partner, to what extent does your feature(s) **currently** have an effect on your relationship with an existing partner? (e.g. affectionate feelings, number of arguments, enjoying activities together). If you do **not** have a partner, to what extent does your feature(s) **currently** have an effect on dating or developing a relationship?



7) To what extent 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.)



8) To what extent does your feature(s) currently interfere with your social life? (with other people, e.g. parties, pubs, clubs, outings, visits, home entertainment)



9) To what extent, do you feel your appearance is the most important aspect of who you are?

