

How I Think and Feel About How I Look

The following questions ask you about how you think and feel about how you look, and how you think and feel about other things, like friends and school.

Some of the questions might seem exactly the same as other questions, please answer them all anyway.

This is not a test. There are no right or wrong answers.
Don't think too much about it - your first responses are usually the best.

Please list three aspects of your appearance (e.g., body part, facial feature, hair, skin) that you are most concerned about, with number 1 being the feature that bothers you the most.

1. _____
2. _____
3. _____

For the next 51 items, please think about these aspects of your appearance when answering the questions.

1) Each statement below describes two kinds of teenagers, one on the left and one on the right.

FIRST, on the top line, tick which kind of person you are most like – One box only.

SECOND, on the bottom line, tick whether that description is “really true for you” or “sort of true for you” – One box only.

1	Please tick the kind of person you are most like:	Some teenagers often check and look at certain parts of their body <input type="checkbox"/>	BUT	Other teenagers rarely repeatedly check certain parts of their body <input type="checkbox"/>
		The description I ticked above is...		
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	
2	Please tick the kind of person you are most like:	Some teenagers <i>can't</i> stop thinking about how other people have reacted to their looks <input type="checkbox"/>	BUT	Other teenagers can stop thinking about how other people have reacted to their looks <input type="checkbox"/>
		The description I ticked above is...		
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	

3	Please tick the kind of person you are most like:	Some teenagers don't try to avoid going out in public (e.g., shopping, movies, parks) because of their appearance <input type="checkbox"/>	BUT	Other teenagers try to avoid going out in public because of the way they look <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	
4	Please tick the kind of person you are most like:	Some teenagers believe it when others tell them their body or looks are normal <input type="checkbox"/>	BUT	Other teenagers <i>don't</i> believe it when others tell them their body or looks are normal <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	
5	Please tick the kind of person you are most like:	Some teenagers often check their body or looks in mirrors <input type="checkbox"/>	BUT	Other teenagers rarely check their body or looks in mirrors <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	
6	Please tick the kind of person you are most like:	Some teenagers don't place that much importance on how they look <input type="checkbox"/>	BUT	Other teenagers think their looks are more important than most other things <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	
7	Please tick the kind of person you are most like:	Some teenagers believe their worries about their appearance will never go away <input type="checkbox"/>	BUT	Other teenagers don't believe this <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	

8	Please tick the kind of person you are most like:	Some teenagers rarely compare how they look to how other people look <input type="checkbox"/>	BUT	Other teenagers often compare how they look to how other people look <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	
9	Please tick the kind of person you are most like:	Some teenagers spend a lot of time worrying about how they look <input type="checkbox"/>	BUT	Other teenagers don't spend a lot of time worrying about how they look <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	
10	Please tick the kind of person you are most like:	Some teenagers can get angry when they think about their appearance <input type="checkbox"/>	BUT	Other teenagers don't get angry when they think about their appearance <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	
11	Please tick the kind of person you are most like:	Some teenagers try to stop other people from seeing parts of their body or how they look <input type="checkbox"/>	BUT	Other teenagers don't try to stop people from seeing parts of their body or how they look <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	
12	Please tick the kind of person you are most like:	Some teenagers discuss how they look with others or question them about it <input type="checkbox"/>	BUT	Other teenagers do not discuss their looks with others <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	
13	Please tick the kind of person you are most like:	Some teenagers spend a lot of time covering their ugly features <input type="checkbox"/>	BUT	Other teenagers do not spend much time covering their features <input type="checkbox"/>	
		The description I ticked above is...			
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>	

14	Please tick the kind of person you are most like:	Some teenagers often check their body/ facial features	BUT	Other teenagers <i>do not</i> check their body/ facial features often
		<input type="checkbox"/>		<input type="checkbox"/>
		The description I ticked above is...		
		Really true of me		Sort of true of me
		<input type="checkbox"/>		<input type="checkbox"/>

15	Please tick the kind of person you are most like:	Some teenagers avoid looking at photos or videos of themselves	BUT	Other teenagers <i>do not</i> avoid looking at photos or videos of themselves
		<input type="checkbox"/>		<input type="checkbox"/>
		The description I ticked above is...		
		Really true of me		Sort of true of me
		<input type="checkbox"/>		<input type="checkbox"/>

16	Please tick the kind of person you are most like:	Some teenagers know their appearance worries are not real	BUT	Other teenagers believe the problem with their body or looks is real
		<input type="checkbox"/>		<input type="checkbox"/>
		The description I ticked above is...		
		Really true of me		Sort of true of me
		<input type="checkbox"/>		<input type="checkbox"/>

17	Please tick the kind of person you are most like:	Other teenagers spend a lot of time trying to improve their looks (e.g., applying makeup, hair combing, hair styling, hair plucking, shaving, tanning)	BUT	Some teenagers don't spend a lot of time trying to improve their looks (e.g., applying makeup, hair combing, hair styling, hair plucking, shaving, tanning)
		<input type="checkbox"/>		<input type="checkbox"/>
		The description I ticked above is...		
		Really true of me		Sort of true of me
		<input type="checkbox"/>		<input type="checkbox"/>

18	Please tick the kind of person you are most like:	Some teenagers often avoid physical activities, like exercise, because of concern about their body or looks	BUT	Other teenagers rarely avoid physical activity because of the way they look
		<input type="checkbox"/>		<input type="checkbox"/>
		The description I ticked above is...		
		Really true of me		Sort of true of me
		<input type="checkbox"/>		<input type="checkbox"/>

19	Please tick the kind of person you are most like:	Some teenagers don't avoid looking at themselves in mirrors or reflective surfaces (e.g., windows, phone)	BUT	Other teenagers avoid looking at themselves in mirrors or reflective surfaces
		<input type="checkbox"/>		<input type="checkbox"/>
		The description I ticked above is...		
		Really true of me		Sort of true of me
		<input type="checkbox"/>		<input type="checkbox"/>

<input type="checkbox"/>	<input type="checkbox"/>
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20	Please tick the kind of person you are most like:	Some teenagers don't avoid situations/places or people because of their looks <input type="checkbox"/>	BUT	Other teenagers avoid situations/places or people because of their looks <input type="checkbox"/>
The description I ticked above is...				
Really true of me <input type="checkbox"/>			Sort of true of me <input type="checkbox"/>	

21	Please tick the kind of person you are most like:	Some teenagers believe they will never be satisfied with the way they look <input type="checkbox"/>	BUT	Other teenagers don't believe this <input type="checkbox"/>
The description I ticked above is...				
Really true of me <input type="checkbox"/>			Sort of true of me <input type="checkbox"/>	

22	Please tick the kind of person you are most like:	Some teenagers rarely attempt to hide parts of their body (e.g., with clothes, a hat, sunglasses, makeup) <input type="checkbox"/>	BUT	Other teenagers often try to hide parts of their body <input type="checkbox"/>
The description I ticked above is...				
Really true of me <input type="checkbox"/>			Sort of true of me <input type="checkbox"/>	

23	Please tick the kind of person you are most like:	Some teenagers think about their body, face, or hair often <input type="checkbox"/>	BUT	Other teenagers don't think a lot about their body, face, or their hair <input type="checkbox"/>
The description I ticked above is...				
Really true of me <input type="checkbox"/>			Sort of true of me <input type="checkbox"/>	

24	Please tick the kind of person you are most like:	Some teenagers find it difficult to concentrate at school because they are thinking about how they look (their body, hair, face, etc.) <input type="checkbox"/>	BUT	Other teenagers don't find that thinking about their looks interferes with their concentration at school <input type="checkbox"/>
The description I ticked above is...				
Really true of me <input type="checkbox"/>			Sort of true of me <input type="checkbox"/>	

25	Please tick the kind of person you are most like:	Some teenagers don't think that being happy depends on their appearance <input type="checkbox"/>	BUT	Other teenagers think that being happy depends on their appearance <input type="checkbox"/>
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The description I ticked above is...	
Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>

26	Please tick the kind of person you are most like:	Some teenagers find that their concern about their looks gets in the way at school, at work, or with friends <input type="checkbox"/>	BUT	Other teenagers don't find that concern about their looks gets in the way at school, at work, or with friends <input type="checkbox"/>
		The description I ticked above is...		
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>

27	Please tick the kind of person you are most like:	Some teenagers believe it when others tell them their hair, body or face are fine <input type="checkbox"/>	BUT	Other teenagers don't believe it when others tell them their hair, body or face are fine <input type="checkbox"/>
		The description I ticked above is...		
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>

28	Please tick the kind of person you are most like:	Some teenagers often discuss how they look with others or question them about it <input type="checkbox"/>	BUT	Other teenagers rarely discuss their looks with others or question them about it <input type="checkbox"/>
		The description I ticked above is...		
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>

29	Please tick the kind of person you are most like:	Some teenagers rarely check their body/facial features often <input type="checkbox"/>	BUT	Other teenagers often check their body/facial features <input type="checkbox"/>
		The description I ticked above is...		
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>

30	Please tick the kind of person you are most like:	Regardless of what they are doing, some teenagers are always thinking about their appearance <input type="checkbox"/>	BUT	Other teenagers don't spend a lot of time thinking about their appearance <input type="checkbox"/>
		The description I ticked above is...		
		Really true of me <input type="checkbox"/>		Sort of true of me <input type="checkbox"/>

31	Please tick the kind of person you are most like:	Some teenagers don't get upset when they think about their looks	BUT	Other teenagers get really upset when they think about their looks
		<input type="checkbox"/>		<input type="checkbox"/>

		<input type="checkbox"/>		<input type="checkbox"/>
The description I ticked above is...				
Really true of me		Sort of true of me		
<input type="checkbox"/>		<input type="checkbox"/>		

32	Please tick the kind of person you are most like:	Some teenagers believe others like them less because of how they look <input type="checkbox"/>	BUT	Other teenagers don't believe others like them less because of how they look <input type="checkbox"/>
The description I ticked above is...				
Really true of me		Sort of true of me		
<input type="checkbox"/>		<input type="checkbox"/>		

33	Please tick the kind of person you are most like:	Some teenagers rarely avoid looking at photos or videos of themselves <input type="checkbox"/>	BUT	Other teenagers often avoid looking at photos or videos of themselves <input type="checkbox"/>
The description I ticked above is...				
Really true of me		Sort of true of me		
<input type="checkbox"/>		<input type="checkbox"/>		

34	Please tick the kind of person you are most like:	Some teenagers find it hard to take their mind off the problems they have with their appearance <input type="checkbox"/>	BUT	Other teenagers find it easy to take their mind off their appearance <input type="checkbox"/>
The description I ticked above is...				
Really true of me		Sort of true of me		
<input type="checkbox"/>		<input type="checkbox"/>		

35	Please tick the kind of person you are most like:	Some teenagers get upset and/or angry about their appearance when they see themselves in the mirror <input type="checkbox"/>	BUT	Other teenagers don't get upset and/or angry about their appearance when they see themselves in the mirror <input type="checkbox"/>
The description I ticked above is...				
Really true of me		Sort of true of me		
<input type="checkbox"/>		<input type="checkbox"/>		

36	Please tick the kind of person you are most like:	Some teenagers are easily convinced their looks/appearance are normal <input type="checkbox"/>	BUT	Other teenagers are hard to convince that their looks/appearance are normal <input type="checkbox"/>
The description I ticked above is...				
Really true of me		Sort of true of me		
<input type="checkbox"/>		<input type="checkbox"/>		

37	Please tick the kind of person you are most like:	Some teenagers often change their body posture to hide their looks <input type="checkbox"/>	BUT Other teenagers rarely change their posture to hide their looks <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>
38	Please tick the kind of person you are most like:	Some teenagers don't let appearance concerns interfere with going places (to school, social events, or sports) <input type="checkbox"/>	BUT Other teenagers do let appearance concerns interfere with going places <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>
39	Please tick the kind of person you are most like:	Some teenagers don't believe their family when they tell them they look OK <input type="checkbox"/>	BUT Other teenagers believe their family when they say they look OK <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>
40	Please tick the kind of person you are most like:	Some teenagers rarely examine or measure the shape, look, or size of their body parts <input type="checkbox"/>	BUT Other teenagers often examine or measure the shape, look, or size of their body parts <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>
41	Please tick the kind of person you are most like:	Some teenagers often ask others about the way they look or about a particular body part <input type="checkbox"/>	BUT Other teenagers rarely ask others about the way they look or about a particular body part <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>
42	Please tick the kind of person you are most like:	Some teenagers prefer to be alone or just stay at home because of how they look <input type="checkbox"/>	BUT Other teenagers don't prefer to be alone or stay home because of how they look <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>

43	Please tick the kind of person you are most like:	Some teenagers believe they will never be able to fix their appearance problems <input type="checkbox"/>	BUT Other teenagers don't believe this <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>
44	Please tick the kind of person you are most like:	Some teenagers often touch or feel parts of their body that really bother them <input type="checkbox"/>	BUT Other teenagers rarely touch or feel parts of their body <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>
45	Please tick the kind of person you are most like:	Some teenagers are very worried about the look of their body or parts of their body <input type="checkbox"/>	BUT Other teenagers aren't worried about their body or parts of their body <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>
46	Please tick the kind of person you are most like:	Some teenagers don't enjoy social things with family and friends (parties, family gatherings) because of how they look <input type="checkbox"/>	BUT Other teenagers do enjoy social things regardless of how they look <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>
47	Please tick the kind of person you are most like:	Other teenagers are sure others are making fun of their face, hair, or body parts <input type="checkbox"/>	BUT Some teenagers don't think others are making fun of their face, hair, or body parts <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>
48	Please tick the kind of person you are most like:	Some teenagers often try to hide parts of their body (with makeup, clothing, hairstyle, jewellery, hats, hands, or body posture) <input type="checkbox"/>	BUT Other teenagers rarely try to hide parts of their body <input type="checkbox"/>
		The description I ticked above is...	
		Really true of me	Sort of true of me

49	Please tick the kind of person you are most like:	<input type="checkbox"/>	<input type="checkbox"/>	
		Some teenagers don't feel their body or part(s) of their body (e.g., nose/hair/skin/overall body shape) is the wrong shape	BUT	Other teenagers feel their body or part(s) of their body is the wrong shape
		<input type="checkbox"/>	<input type="checkbox"/>	
The description I ticked above is...				
		Really true of me	Sort of true of me	
		<input type="checkbox"/>	<input type="checkbox"/>	

50	Please tick the kind of person you are most like:	<input type="checkbox"/>	<input type="checkbox"/>	
		Some teenagers are distressed/upset by their appearance	BUT	Other teenagers aren't distressed/upset by their appearance
		<input type="checkbox"/>	<input type="checkbox"/>	
The description I ticked above is...				
		Really true of me	Sort of true of me	
		<input type="checkbox"/>	<input type="checkbox"/>	

51	Please tick the kind of person you are most like:	<input type="checkbox"/>	<input type="checkbox"/>	
		Some teenagers rarely check their appearance (e.g., in mirrors, by touching with their fingers, or by taking photos of themselves)	BUT	Other teenagers often check their appearance
		<input type="checkbox"/>	<input type="checkbox"/>	
The description I ticked above is...				
		Really true of me	Sort of true of me	
		<input type="checkbox"/>	<input type="checkbox"/>	