

AAI

Please answer how often each of the following applies to you. The numbers refer to the following verbal labels:

0 Not at all	1 Rarely	2 Sometimes	3 Often	4 All the time
1.	I check my appearance (e.g. in mirrors, by touching with my fingers or by taking photos of myself).			0 1 2 3 4
2.	I compare aspects of my appearance to others.			0 1 2 3 4
3.	I avoid situations or people because of my appearance.			0 1 2 3 4
4.	I think about how to camouflage or alter my appearance.			0 1 2 3 4
5.	I avoid reflective surfaces, photos, or videos of myself.			0 1 2 3 4
6.	I try to camouflage or alter aspects of my appearance.			0 1 2 3 4
7.	I brood about past events or reasons to explain why I look the way I do.			0 1 2 3 4
8.	I am focused on how I feel I look rather than on my surroundings.			0 1 2 3 4
9.	I discuss my appearance with others or question them about it.			0 1 2 3 4
10.	I try to prevent people from seeing aspects of my appearance within particular situations (e.g., by changing my posture, avoiding bright lights).			0 1 2 3 4

Appearance Anxiety Inventory

Administration & Scoring

The AAI is a self-report scale for assessing symptoms of Body Dysmorphic Disorder (BDD). It consists of 10 questions that a person endorses on a 5-point Likert scale.

Scores are generated by adding the item scores. The possible range of scores is 0-40. Mean score for persons with BDD is 27.0 and for community members was 13.0. Recommended cutoff score is 19, with scores at or above this level indicating the likely presence of BDD.

Reference:

Veale, D., Eshkevari, E., Kanakam, N., Ellison, N., Costa, A., & Werner, T. (2014). The Appearance Anxiety Inventory: Validation of a Process Measure in the Treatment of Body Dysmorphic Disorder. *Behavioural and Cognitive Psychotherapy*, 42(5), 605-616.