

Appearance Anxiety Inventory (AAI)

Name: _____ Date of birth: _____

Gender: _____ Date of assessment: _____

Instructions: Please check the box that best describes the way you have felt about your appearance or a specific feature **OVER THE PAST WEEK, INCLUDING TODAY.**

	Not at all	A little	Often	A lot	All the time
1. I compare my aspects of my appearance to others.	0	1	2	3	4
2. I check my appearance (e.g. in mirrors, by touching with my fingers, or by taking photos of myself)	0	1	2	3	4
3. I avoid situations or people because of my appearance.	0	1	2	3	4
4. I brood about past events or reasons to explain why I look the way I do.	0	1	2	3	4
5. I THINK about how to camouflage or alter my appearance.	0	1	2	3	4
6. I am focused on how I feel I look, rather than on my surroundings.	0	1	2	3	4
7. I avoid reflective surface, photos, or videos of myself.	0	1	2	3	4
8. I discuss my appearance with others or question them about it.	0	1	2	3	4
9. I try camouflage or alter aspects of my appearance.	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
Total score					

Scoring

- The Appearance Anxiety Inventory (AAI) is scored by summing responses to its 10 items, each rated on a 5-point Likert scale from 0 ("not at all") to 4 ("all the time"), yielding a total score between 0 and 40.
- Each item assesses the frequency of cognitive and behavioral symptoms related to appearance anxiety and body dysmorphic disorder (BDD).
- No items are reverse-scored.
- The total score is the sum of all item scores.

Interpretation

- 0–5: Low levels of appearance anxiety
- 6–15: Moderately high levels of appearance anxiety
- 16–25: High levels of appearance anxiety
- 26–40: Very high or extreme levels of appearance anxiety

Additional notes

Healthcare professional information

Name:

License ID:

Signature:

Date of assessment:

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, 605–616. <https://doi.org/10.1017/s1352465813000556>