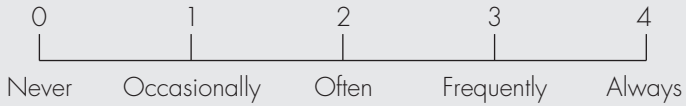


106 OVERCOMING BODY IMAGE PROBLEMS

QUESTIONNAIRE 5.5: PERFORMING RITUALS AND SAFETY BEHAVIORS

Please read the list of actions below that you might perform because of the way you feel about your feature(s). In the second column, rate the frequency with which you use each of the behaviors on the following scale:



Behavior	Frequency
I check my feature(s) in mirrors.	
I use a particular light to check my feature(s) in a mirror (please specify).	
I check my feature(s) in other reflective surfaces, e.g. cutlery, windows, CDs (please specify).	
I check my feature(s) directly by looking at it/them without a mirror.	
I check my feature(s) by taking photographs of myself.	
I check my feature(s) by feeling it/them with my finger(s).	
I compare my feature(s) with others in magazines or on television and film.	
I compare my feature(s) with those of other people I meet.	
I compare my feature(s) with old pictures of myself.	
I pinch the fat on my skin.	

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Behavior	Frequency
I wear something to distract attention from my feature, e.g. jewellery, a tattoo (please specify).	
I change my posture to avoid my feature being seen at a certain angle (please specify).	
I hide my feature(s) with something, e.g. my hand, a baseball cap, hat, scarf, baggy clothing, newspaper (please specify).	
I use padding in my clothes to camouflage or increase the size of a feature (please specify).	
I try to convince others about how unattractive my feature(s) is/are.	
I ask others to confirm the existence of a defect in my feature(s).	
I seek reassurance about whether my feature(s) has/have got worse.	
I seek reassurance about whether my feature(s) is/are camouflaged, e.g. by make-up.	
I keep changing my clothes before I go out.	
I get my partner or family member to 'help' me in camouflaging or checking my appearance (please specify).	
I keep measuring my feature(s).	
Hair: I wear a wig because of my feature(s).	
I grow or arrange my hair to hide certain features (please specify).	
I comb or groom (smooth/straighten) or adjust my hair more than most people.	

108 OVERCOMING BODY IMAGE PROBLEMS

Behavior	Frequency
I shave, cut or pluck hair more than most people (please specify).	
I use medication to promote hair growth on my head.	
Skin: I clean my skin more than most people.	
I wear more make-up than most people to hide my feature(s).	
I use cover-up stick for spots or blemishes.	
I use facial peel, scrubs or saunas for my skin.	
I bleach my skin.	
I use a sun-bed to darken my skin.	
I pick my skin or squeeze spots more than most people.	
Shape or weight: I exercise to alter my shape or weight.	
I body-build with weights.	
I use steroids.	
I weigh myself more than necessary.	
I restrict my food to improve my shape or reduce my weight.	
I sit with my toes on the floor to avoid my thighs spreading.	
I eat more food to increase my weight.	
I use diet pills, laxatives or diuretics (please specify).	
Others (please specify):	