One-item appearance question

Taken from Current Thoughts Scale (Heatherton & Polivy, 1991) – A measure of state self-esteem

This question measures overall satisfaction with appearance – this could refer both to physical appearance as well as dress, cleanliness and hygiene.

Looking at the following statement, place a tick in the box that indicates what is true for you at this moment:

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>A little bit</th>
<th>Somewhat</th>
<th>Very much</th>
<th>Extremely</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am pleased with my appearance right now</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Scoring:
1 = not at all
2 = a little bit
3 = somewhat
4 = very much
5 = extremely