

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:

| | Not at all | A little bit | Somewhat | Very much | Extremely |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| I am pleased with my appearance right now | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Scoring:

1 = not at all

2 = a little bit

3 = somewhat

4 = very much

5 = extremely