

Appendix: The Body Image Concern Inventory in English and Mandarin

Please respond to each item by circling how often you experience the described feelings or how often you perform the described behaviors. (1=never, 2=rarely, 3=sometimes, 4=often, 5=always)

1. I am dissatisfied with some aspect of my appearance
2. I spend a significant amount of time checking my appearance in the mirror
3. I feel others are speaking negatively of my appearance
4. I am reluctant to engage in social activities when my appearance does not meet my satisfaction
5. I feel there are certain aspects of my appearance that are extremely unattractive
6. I buy cosmetic products to try to improve my appearance
7. I seek reassurance from others about my appearance
8. I feel there are certain aspects of my appearance I would like to change
9. I am ashamed of some part of my body
10. I compare my appearance to that of fashion models or others
11. I try to camouflage certain flaws in my appearance
12. I examine flaws in my appearance
13. I have bought clothing to hide a certain aspect of my appearance
14. I feel others are more physically attractive than me
15. I have considered consulting/consulted some sort of medical expert regarding flaws in my appearance
16. I have been embarrassed to leave the house because of my appearance
17. I fear that others will discover my flaws in appearance
18. I have missed social activities because of my appearance
19. I have avoided looking at my appearance in the mirror

请您勾选出以下语句中描述的感觉或行为发生在你身上的频率。(1=从未有过, 2=极少发生, 3=有时发生, 4=经常发生, 5=向来如此)

- 1 我对自己外表的一些方面不满意
- 2 我会花很多时间来对着镜子检查自己的外表
- 3 我感觉其他人对我的外表有负面评价
- 4 当我的外表达不到令我满意的程度的时候, 我不愿意参加社交活动
- 5 我觉得我外表的某些方面极其缺乏吸引力
- 6 我买化妆品来试图改善我的外表
- 7 我寻求他人对我外表的肯定
- 8 我从心里想改变我外表的某些方面
- 9 我对自己身体的一些部分感到羞耻
- 10 我拿自己的外表与时尚模特或其他人做比较
- 11 我试着掩饰我身体的一些缺陷
- 12 我检查外表的缺陷
- 13 我曾买过可以隐藏我外表某些缺点的衣服

- 14 我感觉其他人在外表上比我有吸引力
- 15 就我的外表缺陷我打算咨询（或咨询过）医学专家
- 16 因为我的外表，我离家外出进行活动也感到尴尬
- 17 我害怕其他人会发现我外表上的缺陷
- 18 由于外表我曾错过一些社会活动
- 19 我避免从镜子中看到自己的长相