



Appearance Anxiety Inventory (AAI)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	7 Feb 2024
<i>Date of birth (age)</i>	1 Jan 2000 (24)	<i>Time taken</i>	24s
<i>Assessor</i>	Dr David Hegarty		

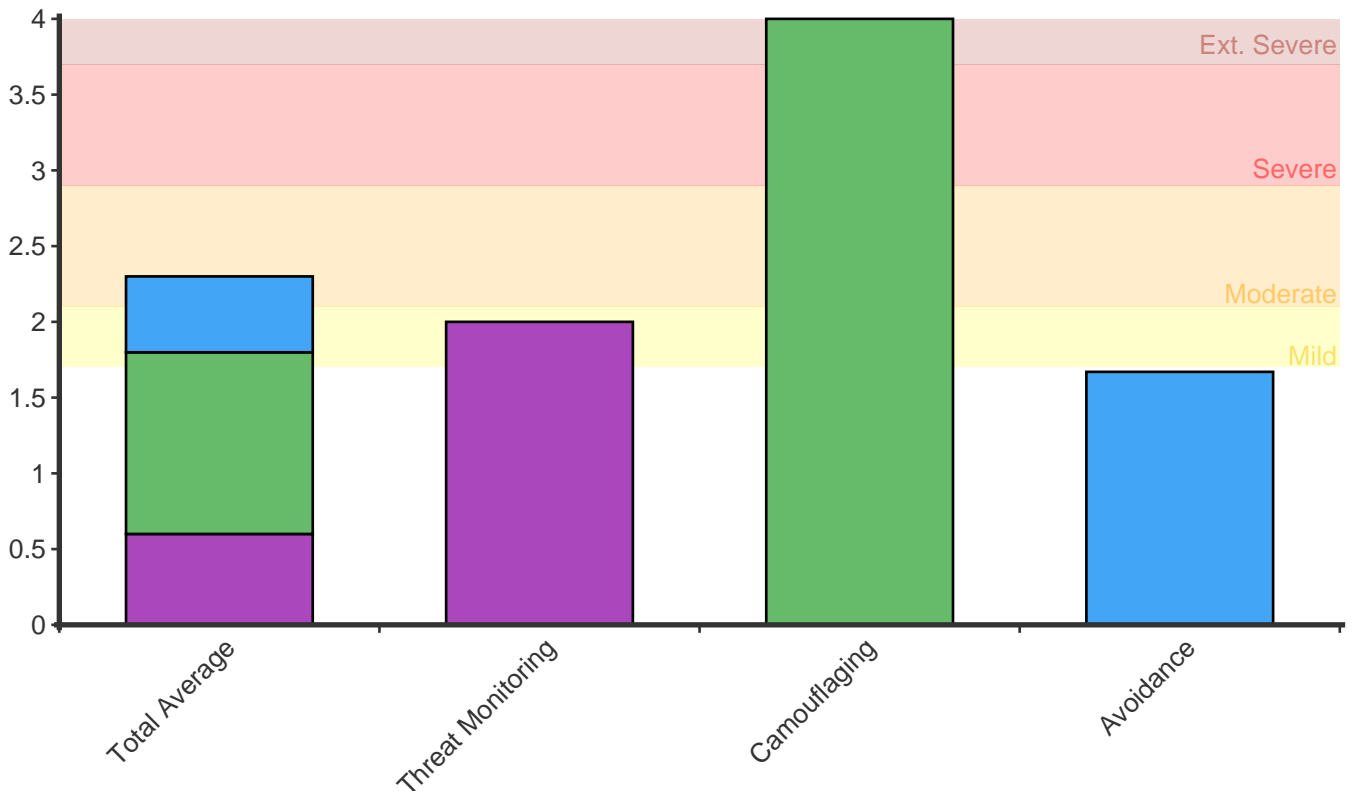
Results

	Score	Average (0-4)	Descriptor	Normative Percentile	BDD Percentile
Total AAI (0-40)	23	2.3	Moderate	89.9	23.7
Threat Monitoring (0-20)	10	2	Mild	-	-
Camouflaging (0-8)	8	4	Extremely Severe	-	-
Avoidance (0-12)	5	1.67	Normal	-	-

Interpretation

The client's score of 23 on the Appearance Anxiety Inventory indicated symptoms that were in the Moderate range. This indicates the client has thoughts and behaviours about their appearance that are consistent with significant body image anxiety and/or Body Dysmorphic Disorder. In particular the client is experiencing a high degree of Camouflaging (where the client is using strategies to hide or disguise perceived flaws in appearance).

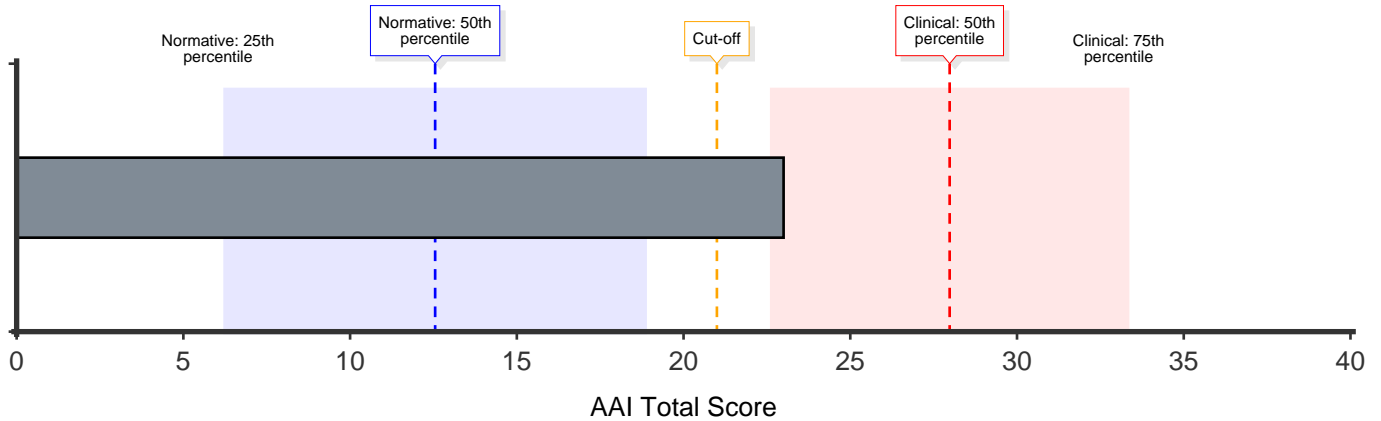
Average Scores





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AAI Total Score in Comparison to Normative and Clinical Distributions



Scoring and Interpretation Information

For comprehensive information on the AAI, [see here](#).

Scores consist of a total raw score (0-40), where a higher score is indicative of more severe appearance anxiety, as well as three subscales.

A symptom severity descriptor (e.g. mild, moderate, severe) is provided to describe the level of appearance anxiety. While it is common to experience mild appearance anxiety, moderate levels are of clinical significance and are likely to interfere with daily functioning.

A cutoff score of 21 is indicative of high risk of clinical problems consistent with significant body image anxiety and/or Body Dysmorphic Disorder (Jacobson & Truax, 1991).

Average scores from 0 to 4 are presented, indicating the general level of agreement from "Not at all" to "All the time" on the Likert scale.

The three subscales are:

1. Threat Monitoring (items 1, 2, 4, 6, 8):

The degree to which an individual is vigilant about potential threats related to their appearance. Higher scores indicate heightened awareness and monitoring of perceived threats.

2. Camouflaging (items 5, 9):

The tendency to use strategies to hide or disguise perceived flaws in appearance. A higher score suggests a greater inclination toward adopting such camouflage techniques.

3. Avoidance (items 3, 7, 10):

The extent to which individuals avoid situations or activities due to appearance-related concerns. Elevated scores indicate a higher level of avoidance behaviour.

Two percentiles are presented to indicate how AAI scores compare to a body dysmorphic disorder (BDD) group and a community sample. A BDD percentile of 50 indicates average



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Scoring and Interpretation Information (cont.)

symptoms for someone with a BDD diagnosis (before receiving treatment), while the community percentile represents scores in comparison to a normal population. For example, a score of 27 represents a BDD percentile of 50 and a normative percentile of 97. This indicates that compared to the normal population the respondent scored higher than 97 percent of individuals, which corresponds to a typical presentation for someone with BDD.

A comparison graph is presented showing where the respondent's score sits in comparison to the normative and BDD samples, with shaded areas around the means indicating the two middle quartiles (between 25th and 75th percentile). This graph can help contextualise AAI scores in comparison to the distribution of responses among clinical and non-clinical groups. A cutoff score of 21 indicates the point at which symptoms are defined as clinically significant.

Symptom descriptors are also presented for the total score and each of the subscale scores. These descriptors are determined by the distance from the normative mean:

- Normal Range - - Mild - 0.5 to 1 SD above mean (average score above 1.7 and less than or equal to 2.1)
- Moderate - 1 to 2 SD above mean (average score above 2.1 and less than or equal to 2.9)
- Severe - 2 to 3 SD above mean (average score above 2.9 and less than or equal to 3.7)
- Extremely Severe - > 3 SD above mean (average score above 3.7)

On first administration an average score graph is presented that shows the overall average score and subscales scores.

When administered more than once, longitudinal graphs are presented showing change in symptoms over time, including scores presented as, Average Scores, a BDD Percentile and a Percentile Rank Compared to Normative Sample.

Client Responses

		Not at all	A little	Often	A lot	All the time
1	I compare 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 focussed on how I feel I look, rather than on my surroundings	0	1	2	3	4



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Client Responses (cont.)

		Not at all	A little	Often	A lot	All the time
7	I avoid reflective surfaces, 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 to 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