

Do you have negative feelings about your appearance?

- Always Regularly Sometimes Rarely Never I don't know

Do you think in your living environment people have negative thoughts about your appearance?

- Yes No I don't know

With which of the following aspects of your own appearance, are you unhappy? Indicate with an X what you find unattractive about your own body.

- Eyes Breasts/ chest Buttocks Muscle power Length
 Weight Hair Skin Ears Face Belly
 Teeth Looks in general Sex organs

Which of the following aspects do you find unattractive? Indicate with an X (maximum 5)

- Grey hair Light overweight Untidy appearance Wrinkles Small length
 Tall length Unclear skin To much hairy Ugly ears To skinny
 Body odour Baldness Scars Bags Glasses Divergent position

Do you think that the media influences your feelings about your appearance?

- In a strong way In a small way No I don't know

While you are watching publicity's in a magazine or on the television and you see attractive, pretty people, do you feel bad about you own appearance?

- Always Regularly Sometimes Rarely Never I don't know

Indicate with an X if you have ever been discriminated for your appearance in one or several of the following situations.

- Applying for a job With family Nightlife
 On the job In school by teachers During leisure time
 While choosing a partner In school by pupils Public services

What did you ever do to change your appearance?

- | | Often | Regularly | Sometimes | Never |
|-------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| - Make-up and beauty products | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Diets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Sports | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Beauty operation | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Laxatives | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Intentional vomiting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Products to lose weight | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Muscle increasing products | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Health resort. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Would you do these things if you know it is bad for your health?

- Yes No Maybe I don't know

Would you deliver an extra effort to change your appearance if you got a negative remark about it?

- Yes No Maybe I don't know

Score the following sentences about attractiveness.

1 = I don't agree at all

2 = I don't agree

3 = I don't know

4 = I do agree

5 = I totally agree.

	1	2	3	4	5
1. Attractive politicians have more opportunities being elected.	<input type="checkbox"/>				
2. When I vote, I'm influenced by the appearance of the politician	<input type="checkbox"/>				
3. While choosing a partner, appearance is not important to me	<input type="checkbox"/>				
4. Attractive people look up each others company.	<input type="checkbox"/>				
5. For my appearance, I'm influenced by images of the media.	<input type="checkbox"/>				
6. Unattractive people are discriminated in our society.	<input type="checkbox"/>				
7. Beauty contests are human degrading.	<input type="checkbox"/>				
8. Miss/mister elections have negative influences on the self image about my own body.	<input type="checkbox"/>				
9. Attractive peoples lives are easier.	<input type="checkbox"/>				
10. Television series mostly cast attractive people.	<input type="checkbox"/>				
11. I think it's good that only attractive people can play in television programmes.	<input type="checkbox"/>				
12. In the programme Pop Idol the attractiveness of the people was important for the selection.	<input type="checkbox"/>				
13. There should be more programmes where ordinary people can participate.	<input type="checkbox"/>				
14. I would find it disturbing if a big woman would announce the television programmes.	<input type="checkbox"/>				
15. I'm influenced by attractive people in publicity to buy particular products.	<input type="checkbox"/>				
16. Attractive people are more pleasant people to socialise with.	<input type="checkbox"/>				
17. If people are fat, it's there own fault.	<input type="checkbox"/>				
18. Attractive people are people who are unfortunate.	<input type="checkbox"/>				
19. At school attractive children get more grades than other children.	<input type="checkbox"/>				
20. Attractive people have a more fortunate partner relationship.	<input type="checkbox"/>				
21. Attractive blond women are dumber than other women.	<input type="checkbox"/>				
22. I find fat people ugly.	<input type="checkbox"/>				
23. Pretty people get more chances in life.	<input type="checkbox"/>				
24. Attractive men get higher wages than unattractive men	<input type="checkbox"/>				
25. Attractive women get higher wages than unattractive women	<input type="checkbox"/>				
26. Attractiveness doesn't play a part while applying for a job.	<input type="checkbox"/>				
27. Unattractive people have less chance of finding a partner (in marriage).	<input type="checkbox"/>				
28. Unattractive people are less intelligent than attractive people.	<input type="checkbox"/>				
29. Our society puts the inner person above someone's looks.	<input type="checkbox"/>				
30. Unattractive people have more mental problems.	<input type="checkbox"/>				
31. In our society, there has to be more attention against discrimination for someone's looks.	<input type="checkbox"/>				
32. Unattractive people look more criminal and dangerous.	<input type="checkbox"/>				
33. In advertising, there should be more ordinary people.	<input type="checkbox"/>				

*Attractive, pretty people are **by the majority of the society** seen as..... than ordinary and unattractive people.*

	I agree	I don't know	I don't agree
More intelligent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More social	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Harder to live with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More materialistic and snobbish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Warmer and friendlier	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More exciting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More self-secure and assertive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More vain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More selfish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More successful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More sympathetic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you have any kind of remarks, what so ever, about our research ... don't hesitate and write them down below

You will find more about this research and the results of the enquiry on our website:

<http://www.onaantrekkelijk.be>

Thank you for your cooperation!! Nancy, Lisbeth, Leen, Geraldine ,Sarah and Bjorn.

