

Say no to appearance anxiety.(´・д・`)(・д・`*)

You're great, and you're beautiful.(´,,•ω•,,)♡

* 表示必填問題

1。 1.What is your gender? *

單選。

☐ Male

☐ Female

2。 2.How old are you? *

單選。

☐ 15-18

☐ 19-22

☐ over 22 years of age

3。 3.How important do you think appearance is to you? *

單選。

1 2 3 4 5

not i ☐ ☐ ☐ ☐ ☐ Very important

4。 4.How often do you suffer from appearance anxiety? *

單選。

☐ Always

☐ Usually

☐ Often

☐ Never

5。 5.What is the main reason of your appearance anxiety? *

單選。

☐ Aesthetic standards shaped by the media

☐ Personal growth experience

☐ Psychological factors

6。 6. What happens when you feel anxious about your appearance? *

(可複選)

☐ Excessive focus on physical appearance and physical characteristics

☐ Comparison with others

☐ Avoidance of social occasions

☐ Over-reliance on plastic surgery or cosmetics

7。 7. What have you tried to make yourself look good? *

(可複選)

- ☐ Make up.
- ☐ Wear nice clothing and accessories.
- ☐ Lose weight and stay in good shape.
- ☐ Have plastic surgery.
- ☐ Maintain your face more diligently.

8。 8. How much does your appearance affect your ability to work and study? *

單選。

1 2 3 4 5

no effect ☐ ☐ ☐ ☐ ☐ significant effect

9。 9. What can help you the most when you have appearance anxiety? *

單選。

- ☐ Practice self-affirmation.
- ☐ Avoid comparison with others.
- ☐ Develop intrinsic value and improve yourself.
- ☐ Learn stress reduction and relaxation techniques.

10。 10. What do you think appearance anxiety means to you? *

單選。

- ☐ It's what helped me grow.
- ☐ It makes me feel bad about myself.
- ☐ No special ideas.

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