

# 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 important      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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