Appearance-RS Scale (Short 10-item version)

Citation:

Park, L. E. (2007). Appearance-based rejection sensitivity: Implications for mental and physical health, affect, and motivation. *Personality and Social Psychology Bulletin, 33,* 490-504.

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INSTRUCTIONS: Each of the items below describes different scenarios that people might find themselves in. Please imagine yourself in each situation and circle the number that best indicates how you would feel. Your responses will be kept completely confidential so please be as honest as possible in your responses.

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1) You are leaving your house to go on a first date when you notice a blemish on your face.

How concerned or anxious would you be that your date might be less attracted to you because of the way you looked?

very unconcerned very concerned
1 2 3 4 5 6

I would expect that my date would find me less attractive.

very unlikely very likely
1 2 3 4 5 6

2) You are trying on clothes at a department store and notice that you are a few pounds heavier than last week.

How concerned or anxious would you be that others might be less attracted to you because of your physical appearance?

very unconcerned very concerned
1 2 3 4 5 6

I would expect that others would find me less attractive.

very unlikely very likely
1 2 3 4 5 6

3) You post a photo of yourself on an internet dating service.

How concerned or anxious would you be that people might not contact you because of the way you looked? (how physically attractive/unattractive you looked).

very unconcerned very concerned
1 2 3 4 5 6

I would not expect people to contact me because of the way I looked.

very unlikely very likely
1 2 3 4 5 6

4) During dinner at a restaurant, you notice your date looking at an attractive person across the room.

How concerned or anxious would you be that your date would be less interested in you because of the way you looked?

very unconcerned very concerned
1 2 3 4 5 6

I would expect that my date would be less interested in me because of the way I looked.

very unlikely very likely
1 2 3 4 5 6

5) You met someone at a coffee shop and gave them your phone number. Three days have passed and you still have not heard anything.

How concerned or anxious would you be that they did not call you because of your physical appearance?

very unconcerned very concerned
1 2 3 4 5 6

I would expect that he/she would not call me because of the way I looked.

very unlikely very likely
1 2 3 4 5 6

6) You are at a dance club and all of your friends have been asked to dance except for you.

How concerned or anxious would you be that no one wanted to dance with you because of the way you looked?

very unconcerned very concerned
1 2 3 4 5 6

I would expect that no one would want to dance with me because of the way I looked.

very unlikely very likely
1 2 3 4 5 6

7) You are set up on a blind date. The date goes well and you like the person, but he/she has not called you for several days.

How concerned or anxious would you be that your date did not call you because of the way you looked?

very unconcerned very concerned
1 2 3 4 5 6

I would expect that my date would not call me because of the way I looked.

very unlikely very likely
1 2 3 4 5 6

8) You are taking dance lessons that involve dancing with partners. When the instructor tells everyone to find a partner, no one chooses you.

How concerned or anxious would you be that you were not chosen to dance because of the way you looked?

very unconcerned very concerned
1 2 3 4 5 6

I would expect to not be chosen to dance because of the way I looked.

very unlikely very likely
1 2 3 4 5 6

9) Your significant other makes a comment about your weight.
How concerned or anxious would you be that your significant other might be less attracted to you because of the way you looked?

very unconcerned very concerned
1 2 3 4 5 6

I would expect my significant other to be less attracted to me because of the way I looked.

very unlikely very likely
1 2 3 4 5 6

10) You look at yourself in the mirror and notice that your gut is getting larger.

How concerned or anxious would you be that others might be less attracted to you because of your physical appearance?

very unconcerned very concerned
1 2 3 4 5 6

I would expect that others would find me less attractive.

very unlikely very likely
1 2 3 4 5 6

Scoring instructions: For each scenario, multiply the **anxious concern** score by the **expectation** score to compute an anxious expectation of rejection score for each scenario. Then, compute an overall average score across all of the scenarios. Higher values = more sensitive to appearance-based rejection.