

Instrument Title: Appearance-based Rejection Sensitivity
(Appearance-RS) Scale (Long and Short Form)

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ARS Scale
15-scenario version

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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.

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 the person 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 are at a party and are shorter than everyone there.

How concerned or anxious would you be that others would not be attracted to you because of the way you looked?

very unconcerned very concerned
1 2 3 4 5 6

I would expect that others would not be attracted to me because of the way I looked.

very unlikely very likely
1 2 3 4 5 6

12. 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

13. 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

14. Your hair is looking thin lately.

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

15. 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

TO SCORE: FOR EACH SCENARIO, MULTIPLY THE **ANXIOUS CONCERN** SCORE BY THE **EXPECTATION** SCORE TO COMPUTE AN **ANXIOUS EXPECTATION OF REJECTION SCORE** FOR EACH SCENARIO. THEN, USE THESE SCORES TO COMPUTE AN OVERALL AVERAGE SCORE ACROSS ALL OF THE SCENARIOS.

