

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

Instrument Author: Park, L. E.

Cite instrument as: Park, L. E.. (2013) . Appearance-based Rejection
Sensitivity (Appearance-RS) Scale (Long and Short
Form) . Measurement Instrument Database for the
Social Science. Retrieved from www.midss.ie



8. 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

9. Your boyfriend/girlfriend of 3 months is considering breaking up with you.

How concerned or anxious would you be that he/she might end the relationship because of the way you looked?

very unconcerned very concerned
1 2 3 4 5 6

I would expect that my boyfriend/girlfriend would break up with me because of the way I looked.

very unlikely very likely
1 2 3 4 5 6

10. 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

11. 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

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.

