

BREAST-Q™
AUGMENTATION MODULE (PRE OPERATIVE) 1.0

After reading each question, please circle the number in the box that best describes your situation. If you are unsure how to answer a question, choose the answer that comes closest to how you feel. Please answer all questions.

1. With your breasts in mind, in the past 2 weeks, how satisfied or dissatisfied have you been with:

	Very Dissatisfied	Somewhat Dissatisfied	Somewhat Satisfied	Very Satisfied
a. How you look in the mirror <u>clothed</u> ?	1	2	3	4
b. How your breast size matches the rest of your body?	1	2	3	4
c. How bras fit?	1	2	3	4
d. How much cleavage you have when you wear a bra?	1	2	3	4
e. The size of your breasts?	1	2	3	4
f. How you look in the mirror <u>unclothed</u> ?	1	2	3	4

2. With your breasts in mind, in the past 2 weeks, how often have you felt:

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
a. Confident in a social setting?	1	2	3	4	5
b. Good about yourself?	1	2	3	4	5
c. Confident in your clothes?	1	2	3	4	5
d. Of equal worth to other women?	1	2	3	4	5
e. Attractive?	1	2	3	4	5
f. Accepting of your body?	1	2	3	4	5
g. Self-assured?	1	2	3	4	5
h. Confident about your body?	1	2	3	4	5
i. Self-confident?	1	2	3	4	5

Please check that you have answered all the questions before going on to the next page

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3. In the past 2 weeks, how often have you experienced:

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
a. Pain in your breast area?	1	2	3	4	5
b. Tightness in your breast area?	1	2	3	4	5
c. Difficulty lifting heavy objects?	1	2	3	4	5
d. Difficulty doing vigorous physical activities (e.g. running or exercising)?	1	2	3	4	5
e. Difficulty lifting or moving your arms?	1	2	3	4	5

4. Thinking of your sexuality, how often do you generally feel:

	None of the time	A little of the time	Some of the time	Most of the time	All of the time	Not Applicable
a. Sexually attractive in your <u>clothes</u> ?	1	2	3	4	5	N/A
b. Comfortable/at ease during sexual activity?	1	2	3	4	5	N/A
c. Confident sexually?	1	2	3	4	5	N/A
d. Sexy when <u>unclothed</u> ?	1	2	3	4	5	N/A
e. Confident sexually about how your breasts look when <u>unclothed</u> ?	1	2	3	4	5	N/A

Please check that you have answered all the questions

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