

B	I	N	G	O
Stick to a restricted diet to maintain thin/fit. 8	Decrease of social interaction. 14	Faced any degree of ageism. 2	I often compare myself to anti-aging advertisements. 4	Has had a man comment on my physical appearance sexually when unwanted. 23
Experienced any level of anxiety. 1	Prioritization of physical appearance over health. 15	Have judged another woman based on her physical appearance. 21	Dyed my hair to cover growing gray hair? 6	I often buy anti-aging products (e.g. like retinal). 5
Lack of self-acceptance. 16	Struggle with low self-esteem. 19	FREE	Expectation of my physical appearance from husband or others. 17	Feel that my body is underrepresented in the media. 24
Feelings of loss of control over physical appearance with age. 13	I often compare myself to other women my age or younger. 3	Feels insecure about face or body wrinkles. 12	Fear of aging due to loss of youthful features. 18	Has had someone comment on my body negatively. 22
Faced some type of stigma from society. 20	Experience any degree of body dissatisfaction. 10	Have undergone cosmetic surgery (e.g. Botox or fillers) 9.	Work out to maintain a thin/fit body. 7	Experienced any level of depression. 11

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