

## **Product Sheet: BODY-Q®**

The BODY-Q® questionnaire was developed from interviews with people undergoing weight loss treatments and body contouring to remove excess skin after massive weight loss and for cosmetic reasons. It includes an obesity-specific symptom checklist and 31 independently functioning scales that measure appearance, health-related quality of life, eating-related concerns, and experience of care.

Potential applications include:

- **Research:** Recommended as the most suitable PRO instrument for bariatric and body contouring surgery in a systematic review.
- **Industry R&D:** Used in international clinical studies of weight loss and body contouring.
- **Benchmarking:** Included in ICHOM Adult Obesity Standard Set to enable hospitals around the world to compare outcomes.
- **Patient Care:** Used in bariatric and body contouring programs to inform clinical care.

### **Licensing**

Licensing fees vary, depending upon the number of scales selected, the number of patients, and the field of use (eg, clinical trials run by a for-profit entity or an electronic platform for PROMs administration).

**For pricing and licensing:** Contact the licensing team at [qotdtrm@mskcc.org](mailto:qotdtrm@mskcc.org)

The BODY-Q® is available at no charge to non-profit entities for use in research and clinical practice. For information, please see <https://qportfolio.org/body-q/>.

### **BODY-Q® Domains Available for Licensing**

- **Appearance**
  - **Abdomen**
  - **Arms**
  - **Back**
  - **Belly Button**
  - **Body**
  - **Buttocks**
  - **Cellulite**
  - **Chest**
  - **Décolletage**
  - **Hips & Outer Thighs**
  - **Inner Thighs**
  - **Nipples**
  - **Scars**
  - **Skin**
  - **Stretchmarks**
- **Eating-Related Concerns**
  - **Eating Behavior**
  - **Eating-Related Distress**
  - **Eating-Related Symptoms**

- **Health-Related Quality of Life**
  - **Appearance Distress**
  - **Body Image**
  - **Expectations: Cosmetic**
  - **Expectations: Weight Loss**
  - **Physical Function**
  - **Physical Symptoms**
  - **Psychological Function**
  - **Sexual Function**
  - **Social Function**
  - **Work Life**
- **Experience of Care**
  - **Doctor**
  - **Information**
  - **Medical Team**
  - **Office Staff**

#### **For More Information**

For detailed background on the BODY-Q® questionnaire, including its development and validation process, module design, available translations, and user guide, as well as key publications, please visit the Q Portfolio's [website](#).