

# 摳皮影響量表

## The Skin Picking Impact Scale(SPIS)

指導語：程度0-5，0 =完全不同意，5 =完全同意

Instructions: Degree 0 to 5, 0 = Completely disagree, 5 = Completely agree

1. 因為摳皮膚，我不直視別人的眼睛。I don't look people in the eye because of my skin picking.
2. 如果我不摳皮膚，我想我的社交生活會更好。I think my social life would be better if I didn't pick my skin.
3. 因為摳皮膚，我討厭我看起來的樣子。I hate the way I look because of my skin picking.
4. 因為摳皮膚，我花更多的時間才出了門。It takes me longer to go out because of my skin picking.
5. 因為摳皮膚，我感到窘迫。I feel embarrassed because of my skin picking.
6. 因為摳皮膚，有些事我不能做。There are some things I can't do because of my skin picking.
7. 因為摳皮膚，我覺得我沒魅力。I feel unattractive because of my skin picking.
8. 因為摳皮膚，在早上，我比別人花更多的時間準備。It takes me longer than others to get ready in the morning because of my skin picking.
9. 因為摳皮膚，我不喜歡別人看著我。I don't like people looking at me because of my skin picking.
10. 因為摳皮膚，我的人際關係遭受痛苦。My relationships have suffered because of my skin picking.