Brief Illness Perception Questionnaire (B-IPQ)

Name: _____ **Date:** _____

The Brief Illness Perception Questionnaire (B-IPQ) is designed to rapidly assess the cognitive and emotional representations of illness. Each item is marked on a 1-10 scale, 1 being "minimum" and 10 being "maximum".

For the following questions, please mark the number that best corresponds to your views:

1. How much does your illness affect your life?

1	2	3	4	5	6	7	8	9	10
No affect at all									Severely affects my life

2. How long do you think your illness will continue?

1	2	3	4	5	6	7	8	9	10
A very short time									Forever

3. How much control do you feel you have over your illness?

1	2	3	4	5	6	7	8	9	10
Absolutely no control									Extreme amount of control

4. How much do you think your treatment can help your illness?

1	2	3	4	5	6	7	8	9	10
Not at all									Extremely helpful

5. How much do you experience symptoms from your illness?

1	2	3	4	5	6	7	8	9	10
No symptoms at all									Many severe symptoms

6. How concerned are you about your illness?

1	2	3	4	5	6	7	8	9	10
Not at all concerned									Extremely concerned

7. How well do you feel you understand your illness?

1	2	3	4	5	6	7	8	9	10
Don't understand at all									Understand very clearly

8. How much does your illness affect you emotionally? (e.g. does it make you angry, scared, upset or depressed?)

1	2	3	4	5	6	7	8	9	10
Not at all affected emotionally									Extremely affected emotionally

9. Please list in rank order the three most important factors that you believe caused your illness

1.

2.

3.

Scoring	
Subscale	**Items**
Cognitive	1, 2, 3 (reverse scored), 4 (reverse scored), 5
Emotional	6, 8
Understanding	7 (reverse scored)
Open-ended	9
Scores	
Subscale	**Score**
Cognitive	
Emotional	
Understanding	
Total score (summing the scores for items 1 - 8):	

The B-IPQ allows a very simple interpretation of scores: increases in item scores represent linear increases in the dimension measure (Broadbent et al., 2006). However, B-IPQ is not a diagnosis tool nor is there an established clinical norm for high or low illness perception scores.

A report assessing the B-IPQ in patients with recently acquired spinal cord injuries used the following cut-offs of total scores to group patients (Kuiper, et al., 2022):

- **Total score of < 42:** Low experienced threat

- **Total score of 42-49:** Moderate experienced threat

- **Total score of > 50:** High experienced threat

Please note that this is not an established clinical norm, rather can be used in a comparative manner to assess changes or differences in illness perception levels across individuals or groups.

References

Broadbent, E., Petrie, K. J., Main, J., & Weinman, J. (2006). The Brief Illness Perception Questionnaire. *Journal of Psychosomatic Research*, *60*(6), 631–637. https://doi.org/10.1016/j.jpsychores.2005.10.020

Kuiper, H., van Leeuwen, C. M. C., Stolwijk-Swüste, J. M., & Post, M. W. M. (2022). Reliability and validity of the Brief Illness Perception Questionnaire (B-IPQ) in individuals with a recently acquired spinal cord injury. *Clinical Rehabilitation*, *36*(4), 550–557. https://doi.org/10.1177/02692155211061813