

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>