

Short Health Anxiety Inventory (HAI-18)

Name: _____ Date: _____

INSTRUCTIONS:

Each item includes a set of four statements. Carefully consider each set and choose the statement that most accurately represents your feelings over the past six months. Remember, there are no correct or incorrect answers. Take equal time for each statement. This assessment doesn't diagnose; if you have concerns about your results, consult a qualified healthcare professional.

1.	<ul style="list-style-type: none"><input type="checkbox"/> I do not worry about my health.<input type="checkbox"/> I occasionally worry about my health.<input type="checkbox"/> I spend much of my time worrying about my health.<input type="checkbox"/> I spend most of my time worrying about my health.
2.	<ul style="list-style-type: none"><input type="checkbox"/> I notice aches/pains less than most other people (of my age).<input type="checkbox"/> I notice aches/pains as much as most other people (of my age).<input type="checkbox"/> I notice aches/pains more than most other people (of my age).<input type="checkbox"/> I am aware of aches/pains in my body all the time.
3.	<ul style="list-style-type: none"><input type="checkbox"/> As a rule, I am not aware of bodily sensations or changes.<input type="checkbox"/> Sometimes I am aware of bodily sensations or changes.<input type="checkbox"/> I am often aware of bodily sensations or changes.<input type="checkbox"/> I am constantly aware of bodily sensations or changes.
4.	<ul style="list-style-type: none"><input type="checkbox"/> Resisting thoughts of illness is never a problem.<input type="checkbox"/> Most of the time I can resist thoughts of illness.<input type="checkbox"/> I try to resist thoughts of illness but am often unable to do so.<input type="checkbox"/> Thoughts of illness are so strong that I no longer even try to resist them.

5.	<ul style="list-style-type: none"><input type="checkbox"/> As a rule I am not afraid that I have a serious illness.<input type="checkbox"/> I am sometimes afraid that I have a serious illness.<input type="checkbox"/> I am often afraid that I have a serious illness.<input type="checkbox"/> I am always afraid that I have a serious illness.
6.	<ul style="list-style-type: none"><input type="checkbox"/> I do not have images (mental pictures) of myself being ill.<input type="checkbox"/> I occasionally have images of myself being ill.<input type="checkbox"/> I frequently have images of myself being ill.<input type="checkbox"/> I constantly have images of myself being ill.
7.	<ul style="list-style-type: none"><input type="checkbox"/> I do not have any difficulty taking my mind off thoughts about my health.<input type="checkbox"/> I sometimes have difficulty taking my mind off thoughts about my health.<input type="checkbox"/> I often have difficulty in taking my mind off thoughts about my health.<input type="checkbox"/> Nothing can take my mind off thoughts about my health.
8.	<ul style="list-style-type: none"><input type="checkbox"/> I am lastingly relieved if my doctor tells me there is nothing wrong.<input type="checkbox"/> I am initially relieved but the worries sometimes return later.<input type="checkbox"/> I am initially relieved but the worries always return later.<input type="checkbox"/> I am not relieved if my doctor tells me there is nothing wrong.
9.	<ul style="list-style-type: none"><input type="checkbox"/> If I hear about an illness I never think I have it myself.<input type="checkbox"/> If I hear about an illness I sometimes think I have it myself.<input type="checkbox"/> If I hear about an illness I often think I have it myself.<input type="checkbox"/> If I hear about an illness I always think I have it myself.
10.	<ul style="list-style-type: none"><input type="checkbox"/> If I have a bodily sensation or change I rarely wonder what it means.<input type="checkbox"/> If I have a bodily sensation or change I often wonder what it means.<input type="checkbox"/> If I have a bodily sensation or change I always wonder what it means.<input type="checkbox"/> If I have a bodily sensation or change I must know what it means.

11.	<ul style="list-style-type: none"><input type="checkbox"/> I usually feel at very low risk for developing a serious illness.<input type="checkbox"/> I usually feel at fairly low risk for developing a serious illness.<input type="checkbox"/> I usually feel at moderate risk for developing a serious illness.<input type="checkbox"/> I usually feel at high risk for developing a serious illness.
12.	<ul style="list-style-type: none"><input type="checkbox"/> I never think I have a serious illness.<input type="checkbox"/> I sometimes think I have a serious illness.<input type="checkbox"/> I often think I have a serious illness.<input type="checkbox"/> I usually think that I am seriously ill.
13.	<ul style="list-style-type: none"><input type="checkbox"/> If I notice an unexplained bodily sensation I don't find it difficult to think about other things.<input type="checkbox"/> If I notice an unexplained bodily sensation I sometimes find it difficult to think about other things.<input type="checkbox"/> If I notice an unexplained bodily sensation I often find it difficult to think about other things.<input type="checkbox"/> If I notice an unexplained bodily sensation I always find it difficult to think about other things.
14.	<ul style="list-style-type: none"><input type="checkbox"/> My family/friends would say I do not worry enough about my health.<input type="checkbox"/> My family/friends would say I have a normal attitude to my health.<input type="checkbox"/> My family/friends would say I worry too much about my health.<input type="checkbox"/> My family/friends would say I am a hypochondriac.
15.	<ul style="list-style-type: none"><input type="checkbox"/> If I had a serious illness I would still be able to enjoy things in my life quite a lot.<input type="checkbox"/> If I had a serious illness I would still be able to enjoy things in my life a little.<input type="checkbox"/> If I had a serious illness I would be almost completely unable to enjoy things in my life.<input type="checkbox"/> If I had a serious illness I would be completely unable to enjoy life at all.

16.	<ul style="list-style-type: none"><input type="checkbox"/> If I developed a serious illness there is a good chance that modern medicine would be able to cure me.<input type="checkbox"/> If I developed a serious illness there is a moderate chance that modern medicine would be able to cure me.<input type="checkbox"/> If I developed a serious illness there is a very small chance that modern medicine would be able to cure me.<input type="checkbox"/> If I developed a serious illness there is no chance that modern medicine would be able to cure me.
17.	<ul style="list-style-type: none"><input type="checkbox"/> A serious illness would ruin some aspects of my life.<input type="checkbox"/> A serious illness would ruin many aspects of my life.<input type="checkbox"/> A serious illness would ruin almost every aspect of my life.<input type="checkbox"/> A serious illness would ruin every aspect of my life.
18.	<ul style="list-style-type: none"><input type="checkbox"/> If I had a serious illness I would not feel that I had lost my dignity.<input type="checkbox"/> If I had a serious illness I would feel that I had lost a little of my dignity.<input type="checkbox"/> If I had a serious illness I would feel that I had lost quite a lot of my dignity.<input type="checkbox"/> If I had a serious illness I would feel that I had totally lost my dignity.

Reference:

PM Salkovskis, KA Rimes, HMC Warwick, DM Clark. The Health Anxiety Inventory: development and validation of scales for the measurement of health anxiety and hypochondriasis. Psychol Med. 2006; 32(5):843–853.