***HAI-M (Health Anxiety Inventory for Medical Populations)***

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_**

**Physical health condition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Each question consists of a group of four statements. Please read each group of statements carefully and then select the one which best describes your thoughts and feelings over the past week by ringing the letter next to it. When answering these questions, think about any health worries you may have. This may include worries about an existing physical health condition.

***1.*** *a.)* I do not worry about my health.

*b.)* I occasionally worry about my health.

*c.)* I spend much of my time worrying about my health.

*d.)* I spend most of my time worrying about my health.

***2.*** *a.)* Worrying about my health does not impact my quality of life.

*b.)* Worrying about my health has a small impact on my quality of life.

*c.)* Worrying about my health has a moderate impact on my quality of life.

*d.)* Worrying about my health has a substantial impact on my quality of life.

***3.*** *a.)* I notice aches/pains less than most other people with my health condition (of my

age).

*b.)* I notice aches/pains as much as most other people with my health condition (of my

age).

*c.)* I notice aches/pains more than most other people with my health condition (of my

age).

*d.)* I notice aches/pains in my body all of the time and far more than most other people

with my health condition (of my age).

***4.*** *a.)* I do not spend time thinking about my health condition.

*b.)* I sometimes spend time thinking about my health condition but can always resist

thoughts of illness when I choose to.

*c.)* I sometimes spend time thinking about my health condition and can only sometimes

resist thoughts of illness when I choose to.

*d.)* I cannot resist thoughts of illness.

***5.*** *a.)* I am not afraid that I have an undiagnosed physical health condition.

*b.)* I am sometimes afraid that I have an undiagnosed physical health condition.

*c.)* I am often afraid that I have an undiagnosed physical health condition.

*d.)* I am always afraid that I have an undiagnosed physical health condition.

***6.*** *a.)* I do not have any difficulty taking my mind off thoughts about my health.

*b.)* I sometimes have difficulty taking my mind off thoughts about my health.

*c.)* I often have difficulty taking my mind off thoughts about my health.

*d.)* Nothing can take my mind off thoughts about my health.7

***7.*** *a.)* I am lastingly relieved if my doctor tells me my health has not worsened.

*b.)* I am initially relieved but the worry that my health has worsened sometimes returns

later.

*c.)* I am initially relieved but the worry that my health has worsened always returns later.

*d.)* I am never relieved if my doctor tells me my health has not worsened when I suspect

this to be the case.

***8.*** *a.)* If I find out about a health condition other than my own I never think I have

it myself.

*b.)* If I find out about a health condition other than my own I sometimes think I

have it myself.

*c.)* If I find out about a health condition other than my own I often think I have it

myself.

*d.)* If I find out about a health condition other than my own I always think I have

it myself.

***9.*** *a.)* If I notice an unfamiliar bodily sensation I rarely wonder what it means.

*b.)* If I notice an unfamiliar bodily sensation I sometimes wonder what it means.

*c.)* If I notice an unfamiliar bodily sensation I frequently wonder what it means.

*d.)* If I notice an unfamiliar bodily sensation I always wonder what it means.

***10.*** a.) I usually feel at very low risk for developing another health condition.

*b.)* I usually feel at fairly low risk for developing another health condition.

*c.)* I usually feel at moderate risk for developing another health condition.

*d.)* I usually feel at high risk for developing another health condition.

***11*** *a.)* If I notice an unfamiliar bodily sensation I don't find it difficult to think about other

things.

*b.)* If I notice an unfamiliar bodily sensation I sometimes find it difficult to think about

other things.

*c.)* If I notice an unfamiliar bodily sensation I often find it difficult to think about other

things.

*d.)* If I notice an unfamiliar bodily sensation I always find it difficult to think about other

things.

***12*** *a.)* My family/friends would say I do not worry enough about my health.

*b.)* My family/friends would say I worry a reasonable amount about my health given my

health condition.

*c.)* My family/friends would say I worry too much about my health despite my health

condition.

*d.)* My family/friends would say I worry about my health all of the time.