

Online Table. Diagnostic criteria for severe health anxiety

Key criteria: *Rumination* with intrusive thoughts and ideas, and fears of harbouring an illness

At least 1 of 5 sub-criteria;

- 1) a) Worries, preoccupation or fear of harboring a severe physical disease
b) Attention to an awareness of bodily functions
- 2) Suggestibility or autosuggestibility
- 3) Excessive fascination with medical information
- 4) Fear of being infected or contaminated
- 5) Fear of taking prescribed medication

Mild or severe according to influence on functioning and well-being

Duration more than 2 weeks.

(Fink *et al.* 2004b)