

Hypochondria Test

Disclaimer: This test is based on the Short Health Anxiety Inventory (SHAi). While there is no official or generic Hypochondria Test, the SHAi serves the same purpose in assessing one's health, awareness of bodily sensations and/or changes, and the feared consequences of having anxiety illness.

Patient information	
Name:	Date of birth:
Gender:	Date of assessment:
Assessor:	Time taken:
Short Health Anxiety Inventory	
1. I worry about my health	
<div><input type="radio"/> Never</div> <div><input type="radio"/> Occasionally</div> <div><input type="radio"/> Much of the time</div> <div><input type="radio"/> Most of the time</div>	
2. Compared to other people my age, I noticed aches and pains	
<div><input type="radio"/> Less than most other people</div> <div><input type="radio"/> As much as most other people</div> <div><input type="radio"/> More than most other people</div> <div><input type="radio"/> In my body all the time</div>	
3. Which statement best describes your awareness of bodily sensations or changes?	
<div><input type="radio"/> As a rule, I am not aware of bodily sensations or changes</div> <div><input type="radio"/> Sometimes aware</div> <div><input type="radio"/> Often aware</div> <div><input type="radio"/> Constantly aware</div>	
4. I can resist thoughts of illness	
<div><input type="radio"/> Without a problem</div> <div><input type="radio"/> Most of the time</div> <div><input type="radio"/> I try to resist thoughts of illness but am often unable to do so</div> <div><input type="radio"/> Thoughts of illness are so strong that I no longer even try to resist them</div>	
5. I am afraid of having a serious illness	
<div><input type="radio"/> Not at all</div> <div><input type="radio"/> Sometimes</div> <div><input type="radio"/> Often</div> <div><input type="radio"/> Always</div>	

6. I have images (mental pictures) of myself being ill
Never Occasionally Frequently Constantly
7. I have difficulty taking my mind off thoughts about my health
Never Sometimes Often Always - nothing can take my mind off thoughts about my health
8. If my doctor tells me there is nothing wrong I am:
Lastingly relieved Initially relieved but the worries sometimes return later Initially relieved but the worries always return later Not relieved if my doctor tells me there is nothing wrong
9. When I hear about an illness I think I have it myself
Never Sometimes Often Always
10. If I have a bodily sensation or change I wonder what it means
Rarely Often Always If I have a bodily sensation or change I must know what it means
11. I usually feel my risk of developing a serious illness is...
Very low Fairly low Moderate High
12. I think I have a serious illness
Never Sometimes Often Usually
13. If I notice an inexperienced bodily sensation, I...
Don't find it difficult to think about other things Sometimes find it difficult to think about other things Often find it difficult to think about other things Always find it difficult to think about other things

14. My family or friends would say I...

Do not have to worry enough about my health
Have a normal attitude to my health
Worry too much about my health
Am a hypochondriac

15. For the following questions, please think about what it might be like if you had a serious illness of a type which particularly concerns you (such as heart disease, cancer, multiple sclerosis, etc). Obviously, you cannot know for certain what it would be like, but please give your best estimate of what you think might happen, basing your estimate on what you know about yourself and serious illness in general.**If I had a serious illness, I would...**

Still be able to enjoy things in my life quite a lot
Still be able to enjoy things in my life a little
Be almost completely unable to enjoy things in my life
Be completely unable to enjoy life at all

16. If I developed a serious illness, I think the chances that modern medicine would be able to cure me is...

Good
Moderate
Small
No chance

17. A serious illness would ruin my life in...

Some aspects
Many aspects
Almost every aspect
Every aspect

18. If I had a serious illness, I would feel that I had...

Not lost my dignity
Lost a little of my dignity
Lost quite a lot of my dignity
Totally lost my dignity

Results

	Score	Normative percentile	Clinical percentile
Total score:			
Health anxiety (items 1-14, range 0 to 42)			
Negative consequences of becoming ill (items 15-18, range 0 to 12)			

Scoring and interpretation

Scores consist of a total (range = 0 to 54) and scores for two subscales:

- Health anxiety (items 1-14, range 0 to 42) which measures anxiety related to health
- Negative consequences of becoming ill (items 15-18, range 0 to 12)

Higher scores indicate more health anxiety and beliefs of negative consequences of becoming ill.

Two percentiles are computed that compare scores against two samples:

- A normative percentile compares the respondent's scores against patterns of responding in a community sample. A Normative Percentile of around 50 represents an average (and healthy) level of concern about health. Higher percentiles indicate higher levels of concern over health. Those with illness anxiety disorder will typically have a normative percentile above 99, indicating they score above 99% of the community.
- A clinical percentile is also computed, indicating how the respondent scored in comparison to people who had been independently assessed as having Health Anxiety Disorder (previously known as hypochondriasis).

If the **SHAI** is administered on more than one occasion, the total score will be graphed over time with a dotted horizontal line displayed at the community average score. The SHAI is sensitive to treatment effects, it is also a useful measure of the effectiveness of treatment for health anxiety.

Additional notes

Healthcare professional information

Name:

License ID number:

Signature:

Date of assessment:

NovoPsych. (n.d.). *Short Health Anxiety Inventory (SHAI)*. Retrieved March 10, 2025, from <https://novopsych.com.au/wp-content/uploads/2023/02/Short-Health-Anxiety-Inventory-assessment-report.pdf>

Salkovskis, P. M., Rimes, K. A., Warwick, H. M. C., & Clark, D. M. (2002). The Health Anxiety Inventory: development and validation of scales for the measurement of health anxiety and hypochondriasis. *Psychological Medicine*, 32(05), 843-853.