

Hypochondria (Illness Anxiety Disorder) Self-Assessment

This self-assessment is designed to help you evaluate your concerns and behaviors related to health anxiety. It's not a diagnostic tool but can indicate if you might benefit from professional advice.

Instructions: Read each statement and choose the option that best describes your feelings and behaviors over the past six months. Be honest in your responses for the most accurate assessment.

1. Worry about having a serious illness despite medical reassurance.

0 - Never

1 - Rarely

2 - Sometimes

3 - Often

4 - Always

2. Checking your body for signs of illness (e.g., lumps, rashes).

0 - Never

1 - Rarely

2 - Sometimes

3 - Often

4 - Always

3. Researching diseases and symptoms online for hours.

0 - Never

1 - Rarely

2 - Sometimes

3 - Often

4 - Always

4. Avoiding doctor visits for fear of bad news.

0 - Never

1 - Rarely

2 - Sometimes

3 - Often

4 - Always

5. Going to multiple doctors seeking reassurance about health.

0 - Never

1 - Rarely

2 - Sometimes

3 - Often

4 - Always

6. Feeling distressed about health, even when you're healthy.

0 - Never

1 - Rarely

2 - Sometimes

3 - Often

4 - Always

7. Avoiding activities or places for fear of health risks.

0 - Never

1 - Rarely

2 - Sometimes

3 - Often

4 - Always

8. Having difficulty focusing on tasks or enjoying life due to health worries.

0 - Never

1 - Rarely

2 - Sometimes

3 - Often

4 - Always

9. Interpreting minor bodily sensations (e.g., a headache) as a sign of serious illness.

0 - Never

1 - Rarely

2 - Sometimes

3 - Often

4 - Always

10. Discussing your health concerns with others seeking reassurance.

0 - Never

1 - Rarely

2 - Sometimes

3 - Often

4 - Always

Scoring

Each item is assigned a score:

- **Never:** 0
- **Rarely:** 1
- **Sometimes:** 2
- **Often:** 3
- **Always:** 4

Tally the total based on your answers. Then, interpret the total based on the scale below:

- **0-10:** Low likelihood of health anxiety.
- **11-20:** Mild health concerns; monitoring suggested.
- **21-30:** Moderate health anxiety; professional consultation recommended.
- **31-40:** High level of health anxiety; seek professional health immediately.

This test is a preliminary assessment and not a substitute for professional medical advice. If your score suggests moderate to high health anxiety, consider reaching out to a healthcare provider or mental health professional to discuss your results and explore treatment options.