

Health Anxiety Inventory (HAI-18)

Identifier

Date

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 feelings over the past six months. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

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

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Now 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 (e.g. heart disease, cancer, multiple sclerosis etc.) Obviously you cannot know for sure what it would be like; 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.

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Main score

'Negative
consequences' score

Total score

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Salkovskis, P.M., Rimes, K.A., Warwick, H.M.C. & Clark, D.M.

The following scoring table contains scale averages from: Salkovskis, P.M., Rimes, K.A., Warwick H.M.C., & Clark, D.M. The health anxiety inventory: The development and validation of scales for the measurement of health anxiety & hypochondriasis. Psychological Medicine 2002; 32:843-853.

Typical Mean Scores and Standard Deviations

	Health anxiety	Anxiety sufferers	Controls
Main section	30.1 (5.5)	14.9 (6.2)	9.4 (5.1)
Negative consequences	7.8 (2.8)	3.6 (2.2)	2.2 (2.1)
Total score	37.9 (6.8)	18.5 (7.3)	12.2 (6.2)

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

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