

- 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) I notice aches/pains less than most other people (of my age).
- b) I notice aches/pains as much as most other people (of my age).
- c) I notice aches/pains more than most other people (of my age).
- d) I am aware of aches/pains in my body all the time.

- 3 a) As a rule I am not aware of bodily sensations or changes.
- b) Sometimes I am aware of bodily sensations or changes.
- c) I am often aware of bodily sensations or changes.
- d) I am constantly aware of bodily sensations or changes.

- 4 a) Resisting thoughts of illness is never a problem.
- b) Most of the time I can resist thoughts of illness.
- c) I try to resist thoughts of illness but am often unable to do so.
- d) Thoughts of illness are so strong that I no longer even try to resist them.

- 5 a) As a rule I am not afraid that I have a serious illness.
- b) I am sometimes afraid that I have a serious illness.
- c) I am often afraid that I have a serious illness.
- d) I am always afraid that I have a serious illness.

- 6 a) I do not have images (mental pictures) of myself being ill.
- b) I occasionally have images of myself being ill.
- c) I frequently have images of myself being ill.
- d) I constantly have images of myself being ill.

- 7 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 in taking my mind off thoughts about my health.
- d) Nothing can take my mind off thoughts about my health.

- 8 a) I am lastingly relieved if my doctor tells me there is nothing wrong.
- b) I am initially relieved, but the worries sometimes return later.
- c) I am initially relieved, but the worries always return later.
- d) I am not relieved if my doctor tells me there is nothing wrong.

- 9 a) If I hear about an illness I never think I have it myself.
- b) If I hear about an illness I sometimes think I have it myself.
- c) If I hear about an illness I often think I have it myself.
- d) If I hear about an illness I always think I have it myself.

- 10 a) If I have a bodily sensation or change I rarely wonder what it means.
- b) If I have a bodily sensation or change I often wonder what it means.
- c) If I have a bodily sensation or change I always wonder what it means.
- d) If I have a bodily sensation or change I must know what it means.

- 11 a) I usually feel at very low risk of developing a serious illness.
b) I usually feel at fairly low risk of developing a serious illness.
c) I usually feel at moderate risk of developing a serious illness.
d) I usually feel at high risk of developing a serious illness.

- 12 a) I never think I have a serious illness.
b) I sometimes think I have a serious illness.
c) I often think I have a serious illness.
d) I usually think that I am seriously ill.

- 13 a) If I notice an unexplained bodily sensation I don't find it difficult to think about other things.
b) If I notice an unexplained bodily sensation I sometimes find it difficult to think about other things.
c) If I notice an unexplained bodily sensation I often find it difficult to think about other things.
d) If I notice an unexplained bodily sensation I always find it difficult to think about other things.

- 14 a) My family/friends would say I do not worry enough about my health.
b) My family/friends would say I have a normal attitude to my health.
c) My family/friends would say I worry too much about my health.
d) My family/friends would say I am a hypochondriac.

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 and so on). Obviously, you cannot know for definite 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.

- 15 a) If I had a serious illness I would still be able to enjoy things in my life quite a lot.
- b) If I had a serious illness I would still be able to enjoy things in my life a little.
- c) If I had a serious illness I would be almost completely unable to enjoy things in my life.
- d) If I had a serious illness I would be completely unable to enjoy life at all.

- 16 a) If I developed a serious illness there is a good chance that modern medicine would be able to cure me.
- b) If I developed a serious illness there is a moderate chance that modern medicine would be able to cure me.
- c) If I developed a serious illness there is a very small chance that modern medicine would be able to cure me.
- d) If I developed a serious illness there is no chance that modern medicine would be able to cure me.

- 17 a) A serious illness would ruin some aspects of my life.
- b) A serious illness would ruin many aspects of my life.
- c) A serious illness would ruin almost every aspect of my life.
- d) A serious illness would ruin every aspect of my life.

- 18 a) If I had a serious illness I would not feel that I had lost my dignity.
- b) If I had a serious illness I would feel that I had lost a little of my dignity.
- c) If I had a serious illness I would feel that I had lost quite a lot of my dignity.
- d) If I had a serious illness I would feel that I had totally lost my dignity.