



Client Information

<i>Client Name</i>	Generic Client
<i>Date of birth (age)</i>	14 December 1980 (41)

Assessment Information

<i>Assessment</i>	Short Health Anxiety Inventory (SHAI)
<i>Date administered</i>	7 December 2022
<i>Assessor</i>	Dr David Hegarty
<i>Time taken</i>	1 minutes 21 seconds

Results

	Score	Normative Percentile	Clinical Percentile
Total (0-54)	37	99.9	44.7
Health Anxiety (0-42)	29	-	-
Negative Consequences (0-12)	8	-	-

Scoring and Interpretation Information

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 compares scores against two samples (Salkovskis, Rimes, Warwick & Clark, 2002).

- 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



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Scoring and Interpretation Information (cont.)

treatment effects, it is also a useful measure of the effectiveness of treatment for health anxiety.

Client Responses

1 | I worry about my health

- 0 Never
- 1 Occasionally
- 2 Much of the time**
- 3 Most of the time

2 | Compared to other people my age I noticed aches and pains

- 0 less than most other people
- 1 as much as most other people
- 2 more than most other people**
- 3 in my body all the time

3 | Which statement best describes your awareness of bodily sensations or changes?

- 0 As a rule I am not aware of bodily sensations or changes
- 1 Sometimes aware
- 2 Often aware**
- 3 Constantly aware

4 | I can resist thoughts of illness

- 0 Without a problem
- 1 Most of the time
- 2 I try to resist thoughts of illness but am often unable to do so**
- 3 Thoughts of illness are so strong that I no longer even try to resist them

5 | I am afraid of having a serious illness

- 0 Not at all
- 1 Sometimes
- 2 Often
- 3 Always**

6 | I have images (mental pictures) of myself being ill

- 0 Never
- 1 Occasionally
- 2 Frequently**
- 3 Constantly



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Client Responses (cont.)

7	I have difficulty taking my mind off thoughts about my health
	0 Never
	1 Sometimes
	2 Often
	3 Always - Nothing can take my mind off thoughts about my health
8	If my doctor tells me there is nothing wrong I am
	0 Lastingly relieved
	1 Initially relieved but the worries sometimes return later
	2 Initially relieved but the worries always return later
	3 Not relieved if my doctor tells me there is nothing wrong
9	When I hear about an illness I think I have it myself
	0 Never
	1 Sometimes
	2 Often
	3 Always
10	If I have a bodily sensation or change I wonder what it means
	0 Rarely
	1 Often
	2 Always
	3 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
	0 Very low
	1 Fairly low
	2 Moderate
	3 High
12	I think I have a serious illness
	0 Never
	1 Sometimes
	2 Often
	3 Usually
13	If I notice an unexplained bodily sensation I
	0 Don't find it difficult to think about other things
	1 Sometimes find it difficult to think about other things
	2 Often find it difficult to think about other things
	3 Always find it difficult to think about other things



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Client Responses (cont.)

14 My family or friends would say I

- 0 Do not worry enough about my health
- 1 Have a normal attitude to my health
- 2 Worry too much about my health

3 Am a hypochondriac

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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

- 0 Still be able to enjoy things in my life quite a lot
- 1 Still be able to enjoy things in my life a little
- 2 Be almost completely unable to enjoy things in my life**
- 3 Be completely unable to enjoy life at all

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

- 0 Good
- 1 Moderate
- 2 Small**
- 3 No chance

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A serious illness would ruin my life in

- 0 Some aspects
- 1 Many aspects
- 2 Almost every aspect**
- 3 Every aspect

18

If I had a serious illness I would feel that I had

- 0 Not lost my dignity
- 1 Lost a little of my dignity
- 2 Lost quite a lot of my dignity**
- 3 Totally lost my dignity