



## Short Health Anxiety Inventory (SHAI)

### Instructions:

Please read each group of statements carefully and then select the one which best describes how you have felt over the past six months.

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



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



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
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
	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
16	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
17	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

### Developer Reference:

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.

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