

### Client Information

<i>Client Name</i>	Dummy Client
<i>Date of birth (age)</i>	1 January 2000 (24)

### Assessment Information

<i>Assessment</i>	Short Health Anxiety Inventory (SHAI)
<i>Date administered</i>	10 February 2024
<i>Assessor</i>	Mr Jimmy Whispers
<i>Time taken</i>	0 minutes 30 seconds

### Results

	Score	Normative Percentile	Clinical Percentile
Total (0-54)	26	99.2	4
Health Anxiety (0-42)	21	-	-
Negative Consequences (0-12)	5	-	-

### 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.

<b>Client Responses</b>		Never	Occasionally	Much of the time	Most of the time
1	I worry about my health	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		less than most other people	as much as most other people	more than most other people	in my body all the time
2	Compared to other people my age I noticed aches and pains	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		As a rule I am not aware of bodily sensations or changes	Sometimes aware	Often aware	Constantly aware
3	Which statement best describes your awareness of bodily sensations or changes?	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Without a problem	Most of the time	I try to resist thoughts of illness but am often unable to do so	Thoughts of illness are so strong that I no longer even try to resist them
4	I can resist thoughts of illness	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Not at all	Sometimes	Often	Always
5	I am afraid of having a serious illness	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Never	Occasionally	Frequently	Constantly
6	I have images (mental pictures) of myself being ill	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Never	Sometimes	Often	Always - Nothing can take my mind off thoughts about my health
7	I have difficulty taking my mind off thoughts about my health	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Lastingly relieved	Initially relieved but the worries sometimes return later	Initially relieved but the worries always return later	Not relieved if my doctor tells me there is nothing wrong
8	If my doctor tells me there is nothing wrong I am	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Never	Sometimes	Often	Always
9	When I hear about an illness I think I have it myself	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

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		Rarely	Often	Always	If I have a bodily sensation or change I must know what it means
10	If I have a bodily sensation or change I wonder what it means	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Very low	Fairly low	Moderate	High
11	I usually feel my risk of developing a serious illness is	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Never	Sometimes	Often	Usually
12	I think I have a serious illness	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Don't find it difficult to think about other things	Sometimes find it difficult to think about other things	Often find it difficult to think about other things	Always find it difficult to think about other things
13	If I notice an unexplained bodily sensation I	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Do not worry enough about my health	Have a normal attitude to my health	Worry too much about my health	Am a hypochondriac
14	My family or friends would say I	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Still be able to enjoy things in my life quite a lot	Still be able to enjoy things in my life a little	Be almost completely unable to enjoy things in my life	Be completely unable to enjoy life at all
15	<small>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</small>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Good	Moderate	Small	No chance
16	If I developed a serious illness I think the chances that modern medicine would be able to cure me is	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Some aspects	Many aspects	Almost every aspect	Every aspect
17	A serious illness would ruin my life in	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Not lost my dignity	Lost a little of my dignity	Lost quite a lot of my digni	Totally lost my dignity
18	If I had a serious illness I would feel that I had	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>