



# Health Anxiety Program

## Patient

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## Enrolment

20/12/2024 expiry  
PRXPKH prescription code

## Lesson progress

Lesson	#1 Understanding Health Anxiety	#2 Reducing Your Focus on Health Worries, and Starting to Reclaim Your Life	#3 Becoming Aware of Your Anxious Thoughts	#4 Putting Your Thoughts and Fears to the Test	#5 Tackling Avoidance and Safety Behaviours	#6 Learning How to Stay Well in the Long- Term
Completed	22/09/2023 1:24pm	28/09/2023 2:20pm	04/10/2023 1:22pm	13/10/2023 2:35pm	20/10/2023 3:01pm	27/10/2023 5:10pm

## Mental health questionnaire overview

Symbols meanings: ⌚ Future lesson's questionnaire • Questionnaire not required for this lesson

**This measures how distressed you have been overall.**

K10

17

#1

13

#2

12

#3

12

#4

12

#5

12

#6

**This measures the level of depression symptoms you've been experiencing.**

PHQ-9

2

#1

.

#2

.

#3

2

#4

.

#5

0

#6

**This measures how anxious you are about bodily symptoms.**

SHAI

30

#1

.

#2

.

#3

8

#4

.

#5

9

#6

# Background on questionnaires

## Kessler Psychological Distress Scale (K-10)

This questionnaire measures overall levels of psychological distress during the past 2 weeks. The K10 is not a diagnostic measure. Scores range from 10 to 50, with higher scores indicating higher level of distress.

- Scores of 0 to 19 = likely to be well
- Scores of 20 to 24 = likely experiencing mild distress/disorder
- Scores of 25 to 29 = likely experiencing moderate distress/disorder
- Scores of 30 to 50 = likely experiencing severe distress/disorder

### For further information:

Andrews, S. (2001). Interpreting scores on the Kessler Psychological Scale (K10). *Australian and New Zealand Journal of Public Health*, 25(6), 494-497. <https://doi.org/10.1111/j.1467-842x.2001.tb00310.x> (<https://doi.org/10.1111/j.1467-842x.2001.tb00310.x>)

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## Patient Health Questionnaire-9 (PHQ-9)

This questionnaire measures symptoms of depression during the past 2 weeks. **Item 9 asks about the presence of thoughts of self-harm or suicidal ideation.** Individuals who score 1, 2 or 3 on this item require further assessment of their level of suicide risk and safety. Individuals scoring 1+ on this item will immediately receive an **automated email** with emergency numbers of crisis helplines. As their supervising clinician, **you will also receive an automated email** informing you of this high score. Scores range from 0 to 27, with higher scores indicating more severe depressive symptoms. Scores of 0 to 4 indicate minimal depressive symptoms

- Scores of 5 to 9 indicate mild depression
- Scores of 10 to 14 indicate moderate depression
- Scores of 15 to 19 indicate moderately severe depression
- Scores of 20 to 27 indicate severe depression

### For further information:

• Kroenke, K., Spitzer, R. L., & Williams, J. B. (2001). The PHQ-9: validity of a brief depression severity measure. *Journal of General Internal Medicine*, 16(9), 606-613.

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## Short Health Anxiety Inventory (SHAI)

This questionnaire measures severity of health anxiety symptoms, such as worries about contracting an illness, avoidance behaviours, and feared consequences of ill-health. Questions ask about the severity of symptoms present during the past week. Scores range from 0 to 54, with higher scores indicating more severe health anxiety. There are two subscale scores that calculate (i) illness fears (ii) feared negative consequences of contracting an illness.

- Scores of >18 indicate high likelihood of clinically significant health anxiety

### For further information:

• Salkovskis, P. M., Rimes, K. A., & Warwick, H. M. C. (2002). The Health Anxiety Inventory: development and validation of scales for the measurement of health anxiety and hypochondriasis. *Psychological medicine*, 32(5), 843.

• Alberts, N. M., Hadjistavropoulos, H.D., Jones, S. L., & Sharpe, D. (2013). The Short Health Anxiety Inventory: A systematic review and meta-analysis. *Journal of Anxiety Disorders*, 27(1), 68-78.

# Questions and answers

## Lesson 1 - Understanding Health Anxiety

Completed: 22/09/2023 at 13:24:00

### K10: PRE LESSON (Total Score: 17)

Question	Response	Score
About how often did you feel tired out for no good reason?	Some of the time	3
About how often did you feel nervous?	Some of the time	3
About how often did you feel so nervous that nothing could calm you down?	A little of the time	2
About how often did you feel hopeless?	None of the time	1
About how often did you feel restless or fidgety?	A little of the time	2
About how often did you feel so restless you could not sit still?	None of the time	1
About how often did you feel depressed?	None of the time	1
About how often did you feel that everything was an effort?	A little of the time	2
About how often did you feel so sad that nothing could cheer you up?	None of the time	1
About how often did you feel worthless?	None of the time	1
Total		17

### PHQ-9: PRE LESSON (Total Score: 2)

Question	Response	Score
Little interest or pleasure in doing things	Not at all	0
Feeling down, depressed, or hopeless	Several days	1
Trouble falling or staying asleep, or sleeping too much	Not at all	0
Feeling tired or having little energy	Several days	1
Poor appetite or overeating	Not at all	0
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	Not at all	0
Trouble concentrating on things, such as reading the newspaper or watching television	Not at all	0
Moving or speaking so slowly that other people have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	Not at all	0
Thoughts that you would be better off dead, or of hurting yourself in some way	Not at all	0
Total		2

### SHAI: PRE LESSON (Total Score: 30)

Question	Response	Score
Question 1	I spend much of my time worrying about my health.	2
Question 2	I am aware of aches/pains in my body all the time.	3
Question 3	I am constantly aware of bodily sensations or changes.	3
Question 4	I try to resist thoughts of illness but am often unable to do so.	2
Question 5	I am often afraid that I have a serious illness.	2
Question 6	I frequently have images of myself being ill.	2
Question 7	I sometimes have difficulty taking my mind off thoughts about my health.	1
Question 8	I am initially relieved but the worries always return later.	2
Question 9	If I hear about an illness I sometimes think I have it myself.	1
Question 10	If I have a bodily sensation or change I must know what it means.	3
I usually feel at...	fairly low risk for developing a serious illness	1
Question 12	I sometimes think I have a serious illness	1
If I notice an unexplained bodily sensation...	I often find it difficult to think about other things	2
My family/friends would say...	I worry too much about my health	2
If I had a serious illness I would...	still be able to enjoy things in my life quite a lot	0
If I developed a serious illness there is...	a moderate chance that modern medicine would be able to cure me	1
A serious illness would ruin...	many aspects of my life	1
If I had a serious illness I would...	feel that I had lost a little of my dignity	1
<b>Total</b>		<b>30</b>

## Lesson 2 - Reducing Your Focus on Health Worries, and Starting to Reclaim Your Life

**Completed: 28/09/2023 at 14:20:05**

**K10: PRE LESSON (Total Score: 13)**

Question	Response	Score
About how often did you feel tired out for no good reason?	A little of the time	2
About how often did you feel nervous?	A little of the time	2
About how often did you feel so nervous that nothing could calm you down?	None of the time	1
About how often did you feel hopeless?	None of the time	1
About how often did you feel restless or fidgety?	A little of the time	2
About how often did you feel so restless you could not sit still?	None of the time	1
About how often did you feel depressed?	None of the time	1
About how often did you feel that everything was an effort?	None of the time	1
About how often did you feel so sad that nothing could cheer you up?	None of the time	1
About how often did you feel worthless?	None of the time	1
<b>Total</b>		<b>13</b>

### Lesson 3 - Becoming Aware of Your Anxious Thoughts

**Completed: 04/10/2023 at 13:22:47**

#### K10: PRE LESSON (Total Score: 12)

Question	Response	Score
About how often did you feel tired out for no good reason?	A little of the time	2
About how often did you feel nervous?	A little of the time	2
About how often did you feel so nervous that nothing could calm you down?	None of the time	1
About how often did you feel hopeless?	None of the time	1
About how often did you feel restless or fidgety?	None of the time	1
About how often did you feel so restless you could not sit still?	None of the time	1
About how often did you feel depressed?	None of the time	1
About how often did you feel that everything was an effort?	None of the time	1
About how often did you feel so sad that nothing could cheer you up?	None of the time	1
About how often did you feel worthless?	None of the time	1
<b>Total</b>		<b>12</b>

### Lesson 4 - Putting Your Thoughts and Fears to the Test

**Completed: 13/10/2023 at 14:35:22**

## K10: PRE LESSON (Total Score: 12)

Question	Response	Score
About how often did you feel tired out for no good reason?	A little of the time	2
About how often did you feel nervous?	None of the time	1
About how often did you feel so nervous that nothing could calm you down?	None of the time	1
About how often did you feel hopeless?	None of the time	1
About how often did you feel restless or fidgety?	None of the time	1
About how often did you feel so restless you could not sit still?	None of the time	1
About how often did you feel depressed?	None of the time	1
About how often did you feel that everything was an effort?	A little of the time	2
About how often did you feel so sad that nothing could cheer you up?	None of the time	1
About how often did you feel worthless?	None of the time	1
<b>Total</b>		<b>12</b>

## PHQ-9: PRE LESSON (Total Score: 2)

Question	Response	Score
Little interest or pleasure in doing things	Not at all	0
	Not at all	0
Feeling down, depressed, or hopeless	Not at all	0
	Not at all	0
Trouble falling or staying asleep, or sleeping too much	Several days	1
	Several days	1
Feeling tired or having little energy	Not at all	0
	Not at all	0
Poor appetite or overeating	Not at all	0
	Not at all	0
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	Not at all	0
	Not at all	0
Trouble concentrating on things, such as reading the newspaper or watching television	Not at all	0
	Not at all	0
Moving or speaking so slowly that other people have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	Not at all	0
	Not at all	0
Thoughts that you would be better off dead, or of hurting yourself in some way	Not at all	0
	Not at all	0
<b>Total</b>		<b>2</b>

## SHAI: PRE LESSON (Total Score: 8)

Question	Response	Score
Question 1	I occasionally worry about my health.	1
Question 2	I notice aches/pains as much as most other people (of my age).	1
Question 3	Sometimes I am aware of bodily sensations or changes.	1

Question	Response	Score
Question 4	Most of the time I can resist thoughts of illness.	1
Question 5	As a rule I am not afraid that I have a serious illness.	0
Question 6	I do not have images (mental pictures) of myself being ill.	0
Question 7	I do not have any difficulty taking my mind off thoughts about my health.	0
Question 8	I am lastingly relieved if my doctor tells me there is nothing wrong.	0
Question 9	If I hear about an illness I sometimes think I have it myself.	1
Question 10	If I have a bodily sensation or change I rarely wonder what it means.	0
I usually feel at...	very low risk for developing a serious illness	0
Question 12	I never think I have a serious illness	0
If I notice an unexplained bodily sensation...	I sometimes find it difficult to think about other things	1
My family/friends would say...	I worry too much about my health	2
If I had a serious illness I would...	still be able to enjoy things in my life quite a lot	0
If I developed a serious illness there is...	a good chance that modern medicine would be able to cure me	0
A serious illness would ruin...	some aspects of my life	0
If I had a serious illness I would...	not feel that I had lost my dignity	0
<b>Total</b>		<b>8</b>

## Lesson 5 - Tackling Avoidance and Safety Behaviours

**Completed: 20/10/2023 at 15:01:05**

### K10: PRE LESSON (Total Score: 12)

Question	Response	Score
About how often did you feel tired out for no good reason?	None of the time	1
About how often did you feel nervous?	A little of the time	2
About how often did you feel so nervous that nothing could calm you down?	None of the time	1
About how often did you feel hopeless?	None of the time	1

Question	Response	Score
About how often did you feel restless or fidgety?	A little of the time	2
About how often did you feel so restless you could not sit still?	None of the time	1
About how often did you feel depressed?	None of the time	1
About how often did you feel that everything was an effort?	None of the time	1
About how often did you feel so sad that nothing could cheer you up?	None of the time	1
About how often did you feel worthless?	None of the time	1
<b>Total</b>		<b>12</b>

## Lesson 6 - Learning How to Stay Well in the Long- Term

**Completed: 27/10/2023 at 17:10:38**

### K10: PRE LESSON (Total Score: 12)

Question	Response	Score
About how often did you feel tired out for no good reason?	A little of the time	2
About how often did you feel nervous?	A little of the time	2
About how often did you feel so nervous that nothing could calm you down?	None of the time	1
About how often did you feel hopeless?	None of the time	1
About how often did you feel restless or fidgety?	None of the time	1
About how often did you feel so restless you could not sit still?	None of the time	1
About how often did you feel depressed?	None of the time	1
About how often did you feel that everything was an effort?	None of the time	1
About how often did you feel so sad that nothing could cheer you up?	None of the time	1
About how often did you feel worthless?	None of the time	1
<b>Total</b>		<b>12</b>

### PHQ-9: PRE LESSON (Total Score: 0)

Question	Response	Score
Little interest or pleasure in doing things	Not at all	0
Feeling down, depressed, or hopeless	Not at all	0
Trouble falling or staying asleep, or sleeping too much	Not at all	0
Feeling tired or having little energy	Not at all	0
Poor appetite or overeating	Not at all	0
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	Not at all	0
Trouble concentrating on things, such as reading the newspaper or watching television	Not at all	0
Moving or speaking so slowly that other people have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	Not at all	0



Question	Response	Score
Thoughts that you would be better off dead, or of hurting yourself in some way	Not at all	0
<b>Total</b>		<b>0</b>

## SHAI: PRE LESSON (Total Score: 9)

Question	Response	Score
Question 1	I occasionally worry about my health.	1
Question 2	I notice aches/pains as much as most other people (of my age).	1
Question 3	I am often aware of bodily sensations or changes.	2
Question 4	Most of the time I can resist thoughts of illness.	1
Question 5	As a rule I am not afraid that I have a serious illness.	0
Question 6	I do not have images (mental pictures) of myself being ill.	0
Question 7	I sometimes have difficulty taking my mind off thoughts about my health.	1
Question 8	I am initially relieved but the worries sometimes return later.	1
Question 9	If I hear about an illness I sometimes think I have it myself.	1
Question 10	If I have a bodily sensation or change I rarely wonder what it means.	0
I usually feel at...	very low risk for developing a serious illness	0
Question 12	I never think I have a serious illness	0
If I notice an unexplained bodily sensation...	I don't find it difficult to think about other things	0
My family/friends would say...	I have a normal attitude to my health	1
If I had a serious illness I would...	still be able to enjoy things in my life quite a lot	0
If I developed a serious illness there is...	a good chance that modern medicine would be able to cure me	0
A serious illness would ruin...	some aspects of my life	0
If I had a serious illness I would...	not feel that I had lost my dignity	0
<b>Total</b>		<b>9</b>

