

**ILLNESS ATTITUDES QUESTIONNAIRE**

This questionnaire lists different attitudes or beliefs which people sometimes hold. Read **EACH** statement carefully and decide how much you agree or disagree with each statement.

For each of the attitudes, show your answer by putting a circle round the words which **BEST DESCRIBE HOW YOU THINK**. Be sure to choose only one answer for each attitude. Because people are different, there is no right or wrong answer to these statements.

To decide whether a given attitude is typical of your way of looking at things, simply keep in mind what you are like **MOST OF THE TIME**.

**If medication doesn't take away a symptom then I must have a serious illness.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**If I experience an unexpected physical symptom I must be ill.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**If I can't control anxiety perfectly I am a failure.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**Bodily changes are always a sign that something is wrong.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**Anxiety can kill.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**If I don't worry about my health, something will go wrong.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**Doctor's often miss serious illnesses.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**Detailed tests are the only way to really rule out an illness.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**There is only so much anxiety my heart can take.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**The commonest cause of feeling unwell is serious illness.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**If the doctor sends me for any tests, he is convinced that there is something wrong.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**If your symptoms come and go, a test can only be accurate if done when the symptoms are present.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

**Having symptoms means I am weak, defective, flawed or inferior.**

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

Real symptoms can be produced by anxiety.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

If I don't keep a careful watch on my health something terrible will happen.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

There is only so much anxiety that my mind can take.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

It is possible to know, with absolute certainty, that you are not ill.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

If I am not perfectly calm I am in danger of losing control.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

Once anxiety starts to build up you can't stop it getting worse.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

I or my doctor must be able to find an explanation for any physical symptom.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

If you don't control your thoughts you might go mad.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

Both sides of the body should be identical.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

Parts of my body are weak.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

My family is prone to illness.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

If I let myself think that I am well, I will tempt fate.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

I am more likely than most people to get an illness.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

Cancer is curable.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

I deserve to get ill.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

I have no control over my health.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE

I must look after my health or I will be a burden to my family.

TOTALLY	AGREE	AGREE		DISAGREE	DISAGREE	TOTALLY
AGREE	VERY MUCH	SLIGHTLY	NEUTRAL	SLIGHTLY	VERY MUCH	DISAGREE