

Illness Behavior Questionnaire

- | | | |
|--|-----|----|
| 1. Do you worry a lot about your health? | YES | NO |
| 2. Do you think there is something seriously wrong with our body? | YES | NO |
| 3. Does your illness interfere with your life a great deal? | YES | NO |
| 4. Are you easiest to get along with when you are ill? | YES | NO |
| 5. Does your family have a history of illness? | YES | NO |
| 6. Do you think you are more liable to illness than other people? | YES | NO |
| 7. If the doctor told you that he could find nothing wrong with you would you believe him? | YES | NO |
| 8. Is it easy for you to forget about yourself and think about all sorts of other things? | YES | NO |
| 9. If you feel ill and someone tells you that you are looking better, do you become annoyed? | YES | NO |
| 10. Do you find that you are often aware of various things happening in your body? | YES | NO |
| 11. Do you ever think of your illness as a punishment for something you have done wrong in the past? | YES | NO |
| 12. Do you have trouble with your nerves? | YES | NO |
| 13. If you feel ill or worried, can you be easily cheered up by the doctor? | YES | NO |
| 14. Do you think that other people realize what it is like to be sick? | YES | NO |
| 15. Does it upset you to talk to the doctor about your illness? | YES | NO |
| 16. Are you bothered by many pains and aches? | YES | NO |
| 17. Does our illness affect the way you get along with your family or friends a great deal? | YES | NO |
| 18. Do you find that you get anxious easily? | YES | NO |
| 19. Do you know anybody who has had the same illness as you? | YES | NO |
| 20. Are you more sensitive to pain than other people? | YES | NO |
| 21. Are you afraid of illness? | YES | NO |
| 22. Can you express your personal feelings easily to other people? | YES | NO |
| 23. Do people feel sorry for you when you are ill? | YES | NO |
| 24. Do you think that you worry about your health more than most people? | YES | NO |
| 25. Do you find that your illness affects your sexual relations? | YES | NO |
| 26. Do you experience a lot of pain with your illness? | YES | NO |
| 27. Except for your illness, do you have any problems in your life? | YES | NO |
| 28. Do you care whether or not people realize you are sick? | YES | NO |
| 29. Do you find that you get jealous of other people's good health? | YES | NO |
| 30. Do you ever have silly thoughts about your health which you can't get out of your mind,
no matter how hard you try? | YES | NO |
| 31. Do you have any financial problems? | YES | NO |
| 32. Are you upset by the way people take your illness? | YES | NO |
| 33. Is it hard for you to believe the doctor when he tells you there is nothing for you to worry about? | YES | NO |
| 34. Do you often worry about the possibility that you have got a serious illness? | YES | NO |
| 35. Are you sleeping well? | YES | NO |
| 36. When you are angry, do you tend to bottle up your feelings? | YES | NO |

37. Do you often think that you might suddenly fall ill?	YES	NO
38. If a disease is brought to your attention (through the radio, television, newspapers or someone you know) do you worry about getting it yourself?	YES	NO
39. Do you get the feeling that people are not taking your illness seriously enough?	YES	NO
40. Are you upset by the appearance of your face or body?	YES	NO
41. Do you find that you are bothered by many different symptoms?	YES	NO
42. Do you frequently try to explain to others how you are feeling?	YES	NO
43. Do you have any family problems?	YES	NO
44. Do you think there is something the matter with your mind?	YES	NO
45. Are you eating well?	YES	NO
46. Is your bad health the biggest difficulty of your life?	YES	NO
47. Do you find that you get sad easily?	YES	NO
48. Do you worry or fuss over small details that seem unimportant to others?	YES	NO
49. Are you always a co-operative patient?	YES	NO
50. Do you often have the symptoms of a very serious disease?	YES	NO
51. Do you find that you get angry easily?	YES	NO
52. Do you have any work problems?	YES	NO
53. Do you prefer to keep your feelings to yourself?	YES	NO
54. Do you often find that you get depressed?	YES	NO
55. Would all your worries be over if you were physically healthy?	YES	NO
56. Are you more irritable towards other people?	YES	NO
57. Do you think that your symptoms may be caused by worry?	YES	NO
58. Is it easy for you to let people know when you are cross with them?	YES	NO
59. Is it hard for you to relax?	YES	NO
60. Do you have personal worries which are not caused by physical illness?	YES	NO
61. Do you often find that you lose patience with other people?	YES	NO
62. Is it hard for you to show people your personal feelings?	YES	NO