Illness Behavior Questionnaire

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