

Health Anxiety

How it is affecting your life

Dr Elaine Ryan



How has health anxiety affected your family life?

For example, are you less involved as you are worried about your health?

Are you mentally absent from family activities as you are worried about your health?

0. 1. 2. 3. 4. 5. 6. 7. 8. 9. 10
Not Affected Severely Affected

Does Health Anxiety affect work or college?



Do you have to take time off? Is it difficult to pay full attention to what you are doing? Or do you feel too unwell?

0. 1. 2. 3. 4. 5. 6. 7. 8. 9. 10
Not Affected Severely Affected

Does Health Anxiety Affect Your Social Life?

0. 1. 2. 3. 4. 5. 6. 7. 8. 9. 10
Not Affected Severely Affected

Does Health Anxiety Affect Your Sleep?

0. 1. 2. 3. 4. 5. 6. 7. 8. 9. 10

Not Affected

Severely Affected



How much do you worry?

0. 1. 2. 3. 4. 5. 6. 7. 8. 9. 10

Not at all

Constantly

Does Health Anxiety Affect Your Health?

0. 1. 2. 3. 4. 5. 6. 7. 8. 9. 10

Not Affected

Severely Affected

Write the date that you completed this form, for your own records

You can come back and complete this form periodically to check your progress

