CLÍNICA VIVALDI · FREE SHEET · SOMATIC SYMPTOMS

Anxiety disorder caused by illness (hypochondria)

Persistent worry about having or developing a serious illness, with mild or no symptoms, and checking or avoiding the doctor.

COMMON SIGNS

- Fear of being seriously ill
- Checking the body or searching online
- Tests only reassure for a short while

TIPS FOR YOU

1. Limit checking and searching for information
2. Learn to tolerate uncertainty
3. Cognitive behavioural therapy is very effective

FOR FAMILY AND FRIENDS

1. Avoid reassuring them over and over: it doesn't help in the long run
2. Suggest plans that take their mind off it

WHEN TO ASK FOR HELP

1. If the worry takes up much of the day
2. If you avoid necessary medical tests

TO OBSERVE AND NOTE DOWN

☐ I worry that I have a serious illness
☐ I check my body for signs
☐ I look up symptoms online
☐ Normal test results only reassure me for a short while
☐ I ask others to reassure me
☐ I avoid doctors or tests out of fear
☐ News about illnesses affects me a lot
☐ I have had this worry for months

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-ansiedad-por-enfermedad-hipocondria
- Full article: Health anxiety: clinicavivaldi.com/en/trastorno-ansiedad-por-la-salud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com