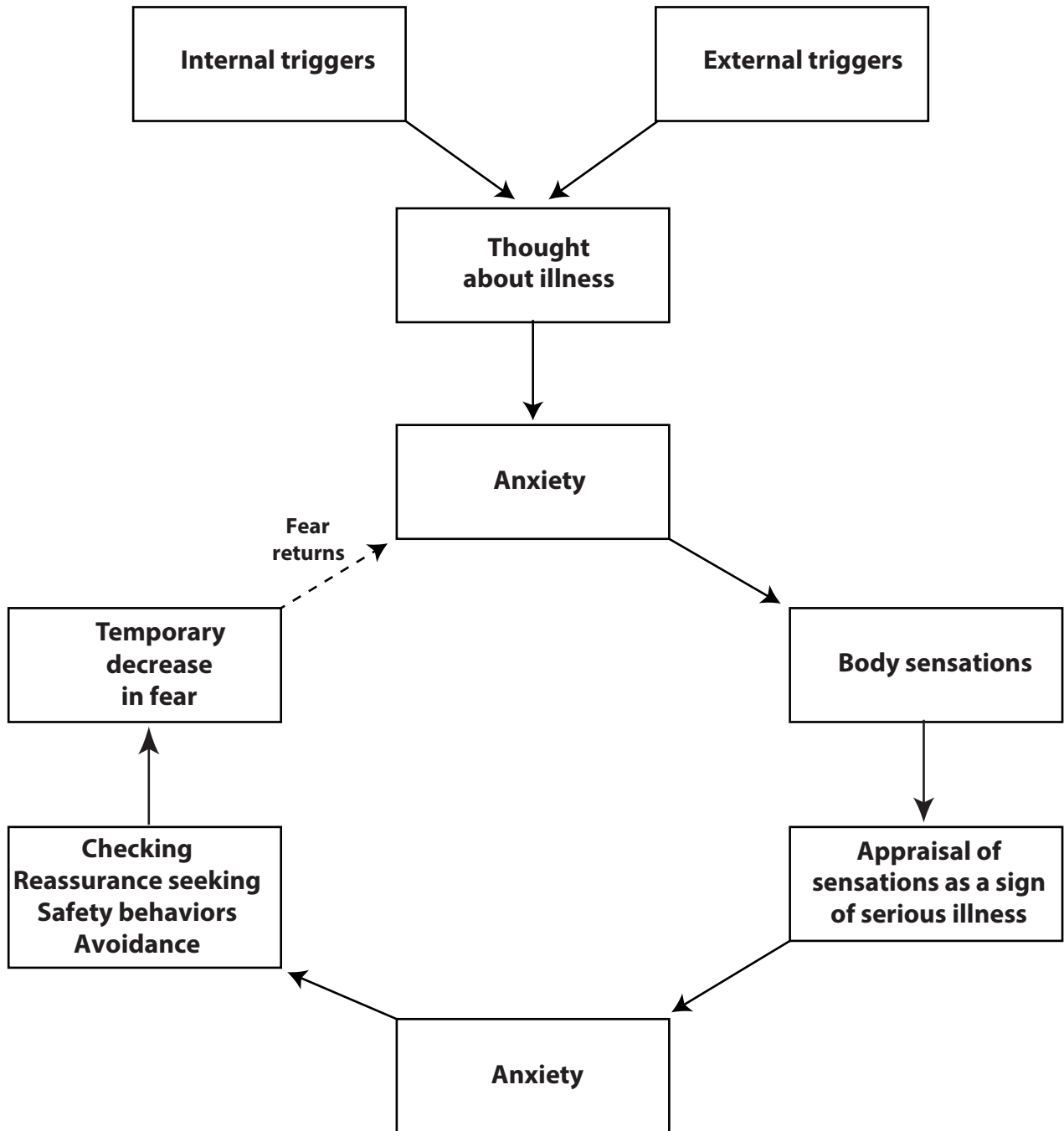


Cognitive Model of Health Anxiety

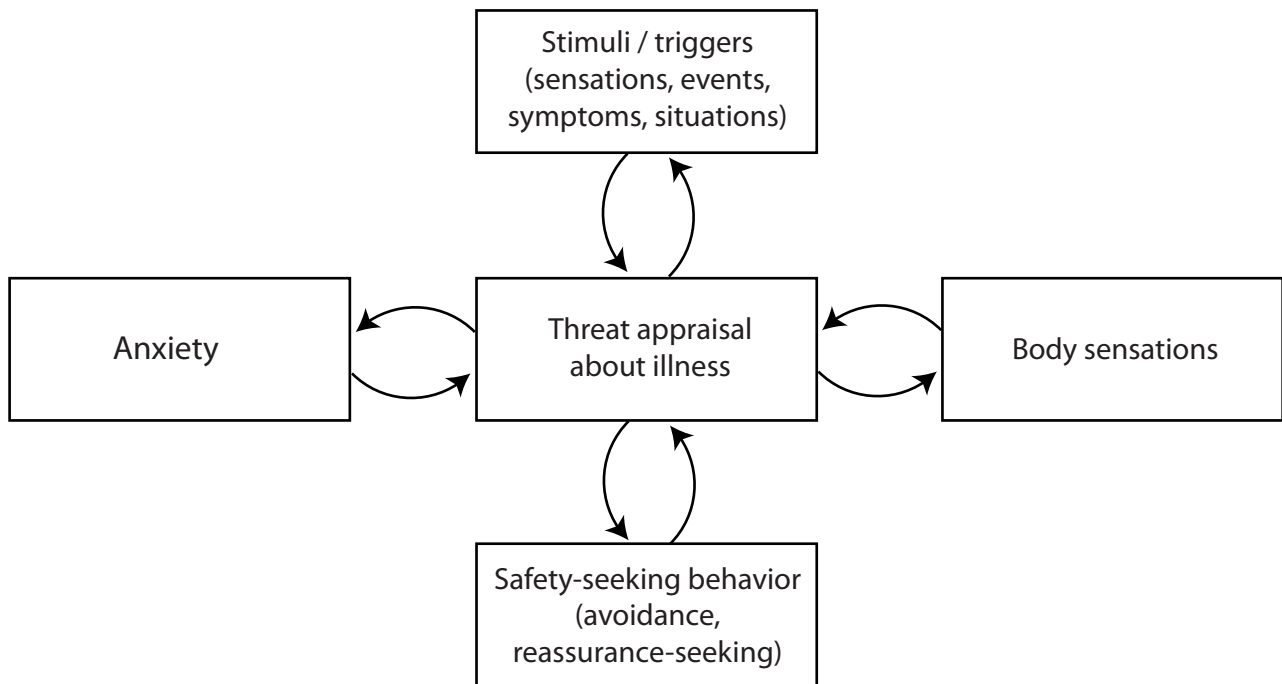


Adapted from:

Furer, P., Walker, J. R., Stein, M. B. (2007). *Treating health anxiety and fear of death*. New York: Springer Publishers



Cognitive Model of Health Anxiety



$$\text{Threat appraisal} = \frac{(\text{Likelihood of event} \times \text{Awfulness if it happened})}{(\text{Ability to cope} + \text{rescue factors})}$$

Adapted from: Salkovskis, P. M., Warwick, H. M. C., Deale, A. C. (2003). Cognitive-behaviour treatment for severe and persistent health anxiety (hypochondriasis). *Brief Treatment and Crisis Intervention*, 3, 353-367.

