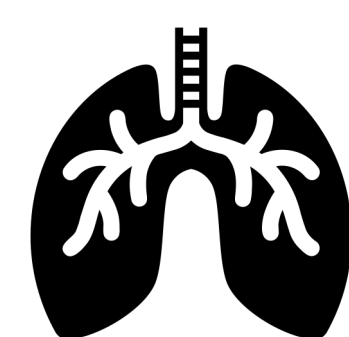
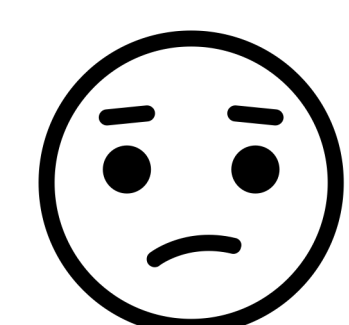


## Introduction

Health anxiety is characterized by disproportionate worry that an individual is critically ill. Individuals with severe health anxiety may exhibit:



Fear of having or acquiring a serious illness

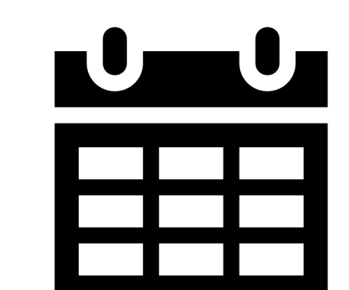


Extreme worry about health



Excessive health-related behaviours such as increased doctor visits

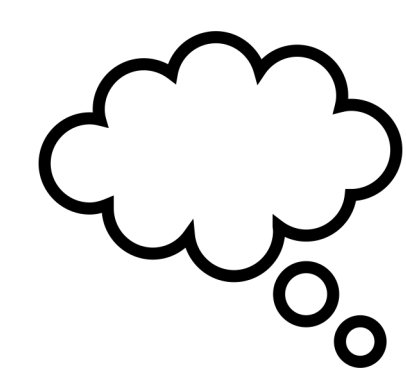
OR



Engagement in maladaptive behaviour such as missing appointments  
(Warwick & Salkovskis, 1990).

**Hypothesis: The present study proposes that intolerance of uncertainty, cognitive avoidance, and metacognitions indicate higher levels of health anxiety.**

### Beliefs of Interest:



Intolerance of Uncertainty: negative reactions to ambiguous situations  
(Carleton, 2012).



Metacognitions: the beliefs we have about the way we think (Bailey & Wells, 2015).



Cognitive Avoidance: thinking strategies aimed at avoiding thought about problems  
(Borkovec, Ray, & Stober, 1994).

# WORRY ABOUT YOUR HEALTH?

Different beliefs, such as intolerance of uncertainty, cognitive avoidance, and metacognitions, may contribute to health anxiety.



## Methods

### Online Survey through Qualtrics

**Sample:** 600 participants from MacEwan University.

**Focus:** The following questionnaires measure the variables of interest.

- **Short Health Anxiety Index**  
(Salkovskis, Rimes, Warwick, & Clark, 2002)
- **Intolerance of Uncertainty Scale – 27**  
(Freeston, Rhéaume, Letarte, Dugas, & Ladouceur, 1994)
- **Metacognition Questionnaire – Health Anxiety**  
(Bailey & Wells, 2015)
- **Cognitive Avoidance Questionnaire**  
(Sexton & Dugas, 2008)

**Additional Variables:** Other questionnaires will measure variables that are consistently associated with health anxiety. For example:

- Anxiety Sensitivity
- Somatosensory Amplification
- Neuroticism
- Psychological Disorders
- Catastrophic Misinterpretations

**Regression analyses will be done through SPSS**

## Implications

- First study to explore the relationship between health anxiety and intolerance of uncertainty, metacognitions, and cognitive avoidance while controlling for known factors.
- Elucidates the role of different thoughts in the development and maintenance of health anxiety.