

Table of Contents

Dedication.....	v
Preface	vii
Acknowledgments.....	viii

1 Description of Health Anxiety

1.1 Terminology	1
1.2 Definition	1
1.3 Epidemiology	3
1.4 Course and Prognosis	4
1.5 Differential Diagnoses	4
1.5.1 Somatization Disorder	5
1.5.2 Somatic Delusions	5
1.5.3 Illness or Disease Phobia	5
1.5.4 Panic Disorder	6
1.5.5 Obsessive-Compulsive Disorder	6
1.5.6 Generalized Anxiety Disorder	6
1.5.7 Pain Disorder	7
1.6 Comorbidity	7
1.7 Diagnostic Procedures and Documentation	7
1.7.1 Structured Diagnostic Interviews	7
1.7.2 Semi-Structured Symptom Interviews	8
1.7.3 Self-Report Inventories.....	9
1.7.4 Documenting Changes in Symptom Levels.....	9

2 Theories and Models of Health Anxiety

2.1 Development of Health Anxiety.....	10
2.1.1 The Human Body Is “Noisy”	10
2.1.2 Beliefs and Interpretations Lead to Health Anxiety.....	10
2.1.3 Origins of Dysfunctional Core Beliefs	12
2.2 Maintenance of Health Anxiety	12
2.2.1 Physiological Maintenance Factors	13
2.2.2 Cognitive Maintenance Factors	14
2.2.3 Behavioral Maintenance Factors	15
2.3 Treatment Implications of the Model.....	16

3 Diagnosis and Treatment Indications

3.1 Review of Medical Records	17
3.2 Self-Report Inventories.....	17
3.3 The Clinical Interview	18
3.3.1 Chief Complaint and History	18
3.3.2 Mood.....	18
3.3.3 Social Functioning	19
3.3.4 History and Previous Treatment.....	19
3.3.5 Family Issues	19

3.4	Identifying the Appropriate Treatment	20
3.4.1	Medications	20
3.4.2	Cognitive Behavior Therapy (CBT)	21
3.5	Factors that Influence Treatment Decisions	21
3.6	Presenting the Recommendation for CBT	22
3.6.1	Getting a Foot in the Door	22
3.6.2	The Mind-Body Connection	23
3.6.3	Body Vigilance and Body Noise	23
3.6.4	Effects of Behavioral Responses	23
3.6.5	Presenting the Treatment Rationale	23
3.6.6	Eliciting “Change Talk”	24
4	Treatment	
4.1	Methods of Treatment	27
4.1.1	Functional Assessment	28
4.1.2	Self Monitoring	32
4.1.3	Psychoeducation	33
4.1.4	Cognitive Therapy Techniques	39
4.1.5	Exposure and Response Prevention	47
4.1.6	Implementing Appropriate Self-Care Behaviors	58
4.2	Mechanisms of Action	58
4.3	Efficacy and Prognosis	59
4.4	Variants of the Treatment Procedures	59
4.5	Problems in Carrying Out Treatment	60
4.5.1	Nonadherence	60
4.5.2	Arguments	61
4.5.3	Unbearable Anxiety Levels During Exposure	62
4.6	Multicultural Issues	62
5	Case Vignette	63
6	Further Reading	67
7	References	68
8	Appendices: Tools and Resources	70