

Brief Illness Perception Questionnaire (B-IPQ)

Name: _____ Date: _____

The Brief Illness Perception Questionnaire (B-IPQ) is designed to rapidly assess the cognitive and emotional representations of illness. Each item is marked on a 1-10 scale, 1 being “minimum” and 10 being “maximum”.

For the following questions, please mark the number that best corresponds to your views:

1. How much does your illness affect your life?									
1 No affect at all	2	3	4	5	6	7	8	9	10 Severely affects my life
2. How long do you think your illness will continue?									
1 A very short time	2	3	4	5	6	7	8	9	10 Forever
3. How much control do you feel you have over your illness?									
1 Absolutely no control	2	3	4	5	6	7	8	9	10 Extreme amount of control
4. How much do you think your treatment can help your illness?									
1 Not at all	2	3	4	5	6	7	8	9	10 Extremely helpful
5. How much do you experience symptoms from your illness?									
1 No symptoms at all	2	3	4	5	6	7	8	9	10 Many severe symptoms
6. How concerned are you about your illness?									
1 Not at all concerned	2	3	4	5	6	7	8	9	10 Extremely concerned

7. How well do you feel you understand your illness?

1	2	3	4	5	6	7	8	9	10
Don't understand at all									Understand very clearly

8. How much does your illness affect you emotionally? (e.g. does it make you angry, scared, upset or depressed?)

1	2	3	4	5	6	7	8	9	10
Not at all affected emotionally									Extremely affected emotionally

9. Please list in rank order the three most important factors that you believe caused your illness

1.

2.

3.

Scoring	
Subscale	Items
Cognitive	1, 2, 3 (reverse scored), 4 (reverse scored), 5
Emotional	6, 8
Understanding	7 (reverse scored)
Open-ended	9
Scores	
Subscale	Score
Cognitive	
Emotional	
Understanding	
Total score (summing the scores for items 1 - 8):	

The B-IPQ allows a very simple interpretation of scores: increases in item scores represent linear increases in the dimension measure (Broadbent et al., 2006). However, B-IPQ is not a diagnosis tool nor is there an established clinical norm for high or low illness perception scores.

A report assessing the B-IPQ in patients with recently acquired spinal cord injuries used the following cut-offs of total scores to group patients (Kuiper, et al., 2022):

- **Total score of < 42:** Low experienced threat
- **Total score of 42-49:** Moderate experienced threat
- **Total score of > 50:** High experienced threat

Please note that this is not an established clinical norm, rather can be used in a comparative manner to assess changes or differences in illness perception levels across individuals or groups.

References

Broadbent, E., Petrie, K. J., Main, J., & Weinman, J. (2006). The Brief Illness Perception Questionnaire. *Journal of Psychosomatic Research*, 60(6), 631–637. <https://doi.org/10.1016/j.jpsychores.2005.10.020>

Kuiper, H., van Leeuwen, C. M. C., Stolwijk-Swüste, J. M., & Post, M. W. M. (2022). Reliability and validity of the Brief Illness Perception Questionnaire (B-IPQ) in individuals with a recently acquired spinal cord injury. *Clinical Rehabilitation*, 36(4), 550–557. <https://doi.org/10.1177/02692155211061813>