Hypochondria Pulse Survey



75%

Believe/strongly believe that hypochondria is a real mental disorder



12%

Are hypochondriacs

45%

Know someone suffering from hypochondria



49%

Said they worry more about their health since the pandemic

58%

Agree that hypochondria leads to unnecessary doctor's appointments and testing, creating access and equity challenges for all

Preferred Strategies For Better Managing Hypochondria:

- Increased access to mental health services
- Promotion of self-help strategies
- ✓ Improved healthcare professional training



18%

Say leveraging advanced imaging technology to provide comprehensive health assessments, such as AI-powered full-body scans, will improve outcomes for people suffering from hypochondria.