

**Bodily  
sensations  
appraised as  
normal**

**Factors influencing the appraisal:**

- Internal frame of reference
- Level of attention to bodily sensations
- Illness perceptions
- Catastrophizing
- Susceptibility

**Bodily  
sensations  
appraised as  
symptoms, i.e.  
subjective  
evidence of a  
health problem**

