



BHS®  
Beck Hopelessness Scale®  
Interpretive Report  
*Aaron T. Beck*

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|                 |                 |
|-----------------|-----------------|
| Name:           | Mr. Demo        |
| Age:            | 35              |
| Gender:         | Male            |
| Marital Status: | Divorced        |
| Education:      | Graduate School |
| Occupation:     | Lawyer          |
| Date Assessed:  | 10/10/2016      |

SAMPLE



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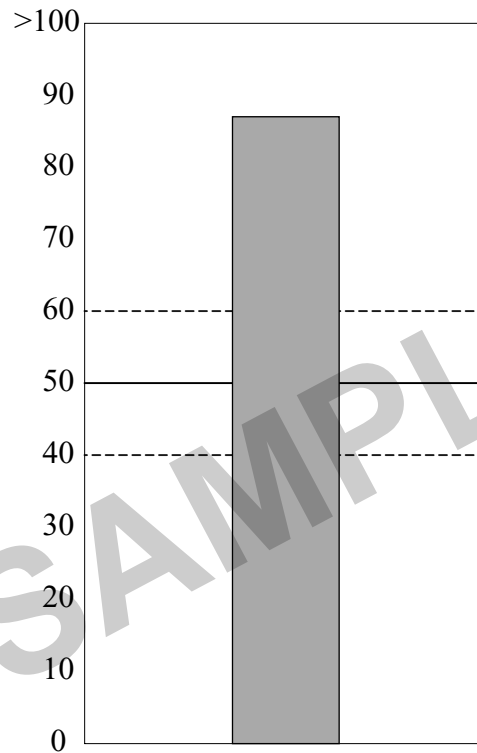
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## ASSESSMENT RESULTS

The following graph and table presents the client's *T* score, which is based on the norm for a non-clinical sample. This information may be useful in estimating the severity of the client's symptoms relative to this group. *T* scores of 50 are average for the group (standard deviation = 10 *T* score points).



|                    |        |
|--------------------|--------|
| Raw Score:         | 17     |
| T Score (Plotted): | 87     |
| Percentile Rank:   | 99.6   |
| Diagnostic Range:  | Severe |

## INTERPRETATION

The depth of Mr. Demo's despair about the future is cause for concern. Severe hopelessness is often associated with clinical depression. Administration of the *Beck Depression Inventory II* or other appropriate procedure for assessing depression, is urged. In long-term studies BHS scores in the moderate and severe ranges have been found to be associated with significant risk for eventual suicide. Thus, the patient's condition should be closely monitored over time. The clinician should carefully investigate the degree of suicide risk and consider the need for suicide precautions. Administration of the *Beck Scale for Suicide Ideation* or other appropriate assessment procedure is recommended. To gain a better understanding of the patient's beliefs about his future, the clinician may wish to compare the pessimistic BHS statements to which the patient responds "true" with the optimistic BHS statements to which he responds "false".

For a statistically significant\* change to have occurred, the patient's subsequent BHS score must be above 18 or below 12.

\*90% confidence level, controlling for regression to the mean and the reliability of the test.

## ENDORSED ITEMS

Mr. Demo responds "True" to the following pessimistic statements on the BHS:

4. Item Content Omitted.
7. Item Content Omitted.
9. Item Content Omitted.
11. Item Content Omitted.
12. Item Content Omitted.
14. Item Content Omitted.
16. Item Content Omitted.
17. Item Content Omitted.
18. Item Content Omitted.
20. Item Content Omitted.



### Special Note

The content of the test items is included in the actual reports. To protect the integrity of the test, the item content does not appear in this sample report.

He responds "False" to the following optimistic statements on the BHS.

1. Item Content Omitted.
6. Item Content Omitted.
8. Item Content Omitted.
10. Item Content Omitted.
13. Item Content Omitted.
15. Item Content Omitted.
19. Item Content Omitted.

## End of Report

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SAMPLE

## ITEM RESPONSES

1: 2    2: 2    3: 1    4: 1    5: 1    6: 2    7: 1    8: 2    9: 1    10: 2  
11: 1    12: 1    13: 2    14: 1    15: 2    16: 1    17: 1    18: 1    19: 2    20: 1

SAMPLE