MBMD® Scales and Test Components

Response Patterns
X - Disclosure
Y - Desirability
Z - Debasement

Negative Health Habits
Alcohol
Drugs
Eating
Caffeine
Inactivity
Smoking

Psychiatric Indicators
AA - Anxiety-Tension
BB - Depression
CC - Cognitive Dysfunction
DD - Emotional Lability
EE - Guardedness

Coping Styles
1 - Introversion
2A - Inhibited
2B - Dejected
3 - Cooperative
4 - Sociable
5 - Confident
6A - Nonconforming
6B - Forceful
7 - Respectful
8A - Oppositional
8B - Denigrated
**Stress Moderators**
A - Illness Apprehension  
B - Functional Deficits  
C - Pain Sensitivity  
D - Social Isolation  
E - Future Pessimism  
F - Spiritual Absence  

**Treatment Prognostics**
G - Interventional Fragility  
H - Mediation Abuse  
I - Information Discomfort  
J - Utilization Excess  
K - Problematic Compliance  

**Management Guide**
L - Adjustment Difficulties  
M - Psych Referral  

**Test Components**

- **Response Patterns**
  Help gauge distorted response tendencies in the patient's self-report  

- **Negative Health Habits**
  Help gauge recent or current problematic behaviors affecting health, such as Alcohol, Drug, Eating, Caffeine, Inactivity, and Smoking  

- **Psychiatric Indications**
  Help identify psychiatric comorbidities that may affect health management such as Anxiety-Tension, Depression, Cognitive Dysfunction, Emotional Lability, and Guardedness  

- **Coping Styles**
  Help identify patients' approaches to handling everyday problems, as well as their medical condition and major life stressors  

- **Stress Moderators**
  Help identify attitudes and resources that may affect health care such as Illness Apprehension, Social Isolation, Future Pessimism, Pain Sensitivity and Spiritual Absence.