



Basic Interpretive Report

PATIENT INFORMATION

Patient Identification Number: 12345

Patient Name (Optional)	Test Date 03/19/2016
Gender Male	Relationship Status Never Married
Age 55	Education Level High School Graduate
Pain Diagnostic Category Back Injury	Race White
Date of Injury (Optional) 11/15/2015	Setting Physical Rehabilitation

PROVIDER INFORMATION

Care Provider (Optional) Robert Helper, PhD	Practice/Program (Optional) Multidisciplinary Pain Clinic
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This BHI 2 report is intended to serve as a source of clinical hypotheses about possible biopsychosocial complications affecting medical patients. It can also be used with the BBHI™ 2 test to serve as a repeated measure of pain, function, and other symptoms to track a patient's progress in treatment.

The BHI 2 test was normed on a sample of physically injured patients and a sample of community subjects. This report is based on comparisons of this patient's scores with scores from both of these groups. BHI 2 results should be used by a qualified clinician in combination with other clinical sources of information to reach final conclusions. If complex biopsychosocial syndromes are present, it is generally necessary to consider medical diagnostic conclusions before forming a psychological diagnosis.



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Battery for Health Improvement 2

Patient Profile

Scales	Raw Score	T Scores		T-Score Profile	Rating	Percentile
		Patient	Comm.			
Validity Scales		◆	◇	10 40 50 60 90		
Self-Disclosure	46	34	38		Low	6%
Defensiveness	21	67	62		Very High	95%
Physical Symptom Scales						
Somatic Complaints	43	68	81		High	93%
Pain Complaints	54	64	73		High	91%
Functional Complaints	21	64	78		High	92%
Muscular Bracing	19	66	73		High	94%
Affective Scales						
Depression	1	30	34		Ext. Low	2%
Anxiety	9	40	43		Low	16%
Hostility	8	39	40		Low	12%
Character Scales						
Borderline	7	40	42		Low	18%
Symptom Dependency	4	36	43		Low	12%
Chronic Maladjustment	3	33	35		Very Low	4%
Substance Abuse	0	39	39		Low	6%
Perseverance	34	58	57		Average	79%
Psychosocial Scales						
Family Dysfunction	17	63	65		High	89%
Survivor of Violence	13	62	67		High	87%
Doctor Dissatisfaction	11	55	59		Average	68%
Job Dissatisfaction	11	45	48		Average	30%

[V 1.0]

INTERPRETING THE PROFILE:

- The Patient Profile plots T scores based on both patient and community norms. Both sets of T scores should be used for evaluating a patient's BHI 2 profile.
- In general, community norms are more sensitive, but less specific, in detecting elevated levels of complaints than are patient norms. In other words, community norms are better at detecting lower levels of problematic symptoms than patient norms, but at the risk of increased false-positive findings.
- T scores within the 40 to 60 range are typical for the normative patient and community samples (approximately 68% of the samples scored within this range). Scores above or below the average range are clinically significant (in both cases, approximately 16% of the samples scored above a T score of 60 or below a T score of 40).
- Patient and community T scores are represented by black diamonds (◆) and white diamonds (◇), respectively. A black diamond outside the average range indicates problems that are unusual even for patients, while a white diamond outside the average range indicates that a problem may be present but at a level that is not uncommon for patients. If both diamonds are outside the average range, this indicates a problem area that is relatively unusual for both patients and members of the community. If only the white diamond is visible, the T scores are overlapping.
- The length of the bar shows a scale score's difference from the mean score. The longer the bar, the more the score deviates from the mean and the more unusual it is.
- Scale ratings are based on patient percentile scores, with the exception of moderately high and moderately low ratings, which are outside the average T-score range for community members but inside the average T-score range for patients.
- The percentile indicates the percentage of subjects in the patient sample who had scores lower than this patient's score on a particular scale.

SCALE SUMMARY

This section summarizes the patient's noteworthy scale findings.

Self-Disclosure Scale: Low

This patient does not appear to have any problems with psychological dysfunction.

Defensiveness Scale: Very High

Indicates an unusually high level of psychological defensiveness.

Somatic Complaints Scale: High

This patient reported an unusually diffuse pattern of somatic complaints.

Pain Complaints Scale: High

An unusually broad pattern of pain symptoms was reported.

Functional Complaints Scale: High

A relatively high level of functional disability was reported.

Muscular Bracing Scale: High

A pattern of reactive muscular tension was reported.

Depression Scale: Extremely Low

The patient did not report any problems with depressive thoughts or feelings.

Anxiety Scale: Low

No problems with anxious thoughts and feelings were reported.

Hostility Scale: Low

This patient does not appear to have any problems with angry and aggressive feelings.

Borderline Scale: Low

This patient reported a low level of labile mood and interpersonal conflict.

Symptom Dependency Scale: Low

A low level of dependency needs was reported by the patient.

Chronic Maladjustment Scale: Very Low

This patient reported an unusually low, almost nonexistent, level of difficulty adjusting to and achieving the common milestones of a stable adult life.

Substance Abuse Scale: Low

The patient did not report any problems with chemical dependency.

Family Dysfunction Scale: High

This patient reported a relatively high level of conflict and dysfunction in his family.

Survivor of Violence Scale: High

This patient reported a history of physically or psychologically traumatic experiences.

VALIDITY

This patient did not endorse any of the validity items. This reduces the risk that this profile was produced by random responding. This patient reported an unusually low level of psychological concerns, possibly indicating a self-protective way of thinking that may introduce a strong positive bias to his responses. Only 6% of patients reported a level of psychological problems this low. In addition, this level of self-disclosure is seen in only 26% of patients who were asked to fake good. He may be claiming to have an unusually pleasant life with little, if any, distress. This low level of self-disclosure may indicate difficulty identifying or a reluctance to disclose psychological information.

PHYSICAL SYMPTOM SCALES

This patient reported a very broad pattern of disabling illness and pain symptoms compounded by psychophysical reactivity. The level of reported pain symptoms was higher than that seen in 91% of patients, and his pain level was higher than that seen in 88% of chronic pain patients. He endorsed 21 of the 26 Somatic Complaints items and reported pain in 10 of the 10 body areas on the Pain Complaints scale. He also reported extreme peak pain (his Peak Pain score was 10 out of 10), which he perceives as disabling and intolerable (based on his Pain Tolerance Index score). Of greater concern is the fact that he perceives even the mildest pain he experienced in the last month as intolerable and disabling (based on the fact that his lowest level of pain in the last month is greater than his maximum tolerable pain). This patient reported dysfunction in multiple organ systems and an unusually high level of pain. Some patients with this broad pattern of somatic complaints suffer from a severe injury in combination with disease or medical complications. However, if there is no clear objective medical explanation for these symptoms, the possibility of a somatoform disorder should be considered. (All of these symptoms have been found to be associated with various psychological syndromes). His broad spectrum of pain and somatic complaints suggests the possibility of somatization and somatic preoccupation. The greater the number of clinical signs of delayed recovery, the greater the likelihood that somatizing is involved (for more information on clinical signs of delayed recovery, see the BHI 2 test manual). The diffuse symptom complex is likely to be associated with somatic reactivity under stress, with the resultant condition being perceived as disabling.

PAIN COMPLAINTS ITEM RESPONSES

The pain ratings below are based on the patient's responses to the Pain Complaints items and are ranked on a scale of 0 to 10 (0 = No pain, 10 = Worst pain imaginable). The degree to which the patient's pain reports are consistent with objective medical findings should be considered. Diffuse pain reports, a nonanatomic distribution of pain, or a pattern of pain that is inconsistent with the reports of patients with a similar diagnosis increases the risk that stress or psychological factors are influencing his pain reports.

<u>Pain Complaints Items</u>	<u>Patient</u>	<u>Median*</u>
Head (headache pain)	5	3
Jaw or face	2	0
Neck or shoulders	4	4
Arms or hands	3	1
Chest	3	0
Abdomen or stomach	3	0
Middle back	9	4
Lower back	10	8
Genital area	6	0
Legs or feet	9	5
Overall highest level of pain in the past month	10	8
Overall lowest level of pain in the past month	8	3
Overall pain level at time of testing	10	-
Maximum Tolerable Pain	2	3
 <u>Pain Dimensions</u>		
Pain Range	2	4
Peak Pain	10	8
Pain Tolerance Index	-8	-5

*Based on a sample of 316 patients with lower back pain/injury.

AFFECTIVE SCALES

This patient reported levels of depressive thoughts and feelings that are substantially lower than those of 2% of patients. Not only is this level of depression far below that of the average patient, it is even lower than that of the typical community subject who usually has fewer emotional problems than the average patient. Patients with this extremely low level of depressive thoughts and feelings may be functioning extraordinarily well. They may be able to maintain a happy-go-lucky attitude despite the stressors they face. He also reported a high level of physical symptoms, suggesting the presence of vegetative depression and autonomic anxiety.

CHARACTER SCALES

This patient reported levels of maladjustment and dependent feelings that were so low, they were seen in only 4% and 12% of patients, respectively. He reported an almost total absence of problems achieving the common milestones of stable adult life. He is also likely to express concern with social responsibility and emotional independence and exhibit a pattern of self-reliant achievement. His reports suggest that he leads a very traditional and conventional life, plays by the rules, and stays out of trouble.

His extremely low scores may indicate denied dysfunctional tendencies. In particular, the possibility of extreme reluctance to express adjustment problems or dependency needs should be considered.

An additional risk factor reported by the patient is his belief that he deserves financial compensation for his pain and suffering. This could negatively affect his motivation in rehabilitation.

PSYCHOSOCIAL SCALES

This patient's significantly elevated Family Dysfunction score is higher than those seen in 89% of patients. His report suggests he feels unloved, mistreated, and angry about perceived familial injustices. Given his perceived lack of family support, he may react to the onset of a physical illness or injury with increased feelings of insecurity, isolation, and vulnerability. As a result, he may depend more heavily on his medical caregivers to give him emotional support and to meet his security needs.

This patient reported a history of being abused, which tends to produce a survivor attitude. He may have a heightened awareness of his physical vulnerability and may exhibit increased self-protective behavior such as hypervigilance and heightened reactivity to threats. This can lead to a long-term tendency toward heightened physiological arousal and stress-related symptoms. He may also find undressing or being medically examined aversive or threatening. What may appear to be exaggerated pain behaviors during an examination may actually be expressions of distress revolving around the patient's discomfort. The fact that he revealed this abusive history is clinically significant and suggests some measure of trust in his caregiver. This information should be handled with sensitivity because he may feel vulnerable for having reported it.

CRITICAL ITEMS

The patient responded to the following critical items in a manner that is likely to be of concern to the clinician.

Compensation Focus

Item Content Omitted. (Agree)

Item Content Omitted. (Strongly Agree)

Entitlement

Item Content Omitted. (Agree)

Dysfunctional Pain Cognitions

Item Content Omitted. (Agree)

Perceived Disability

Item Content Omitted. (Strongly Agree)

Sleep Disorder

Item Content Omitted. (Strongly Disagree)

Survivor of Violence

Item Content Omitted. (Strongly Agree)

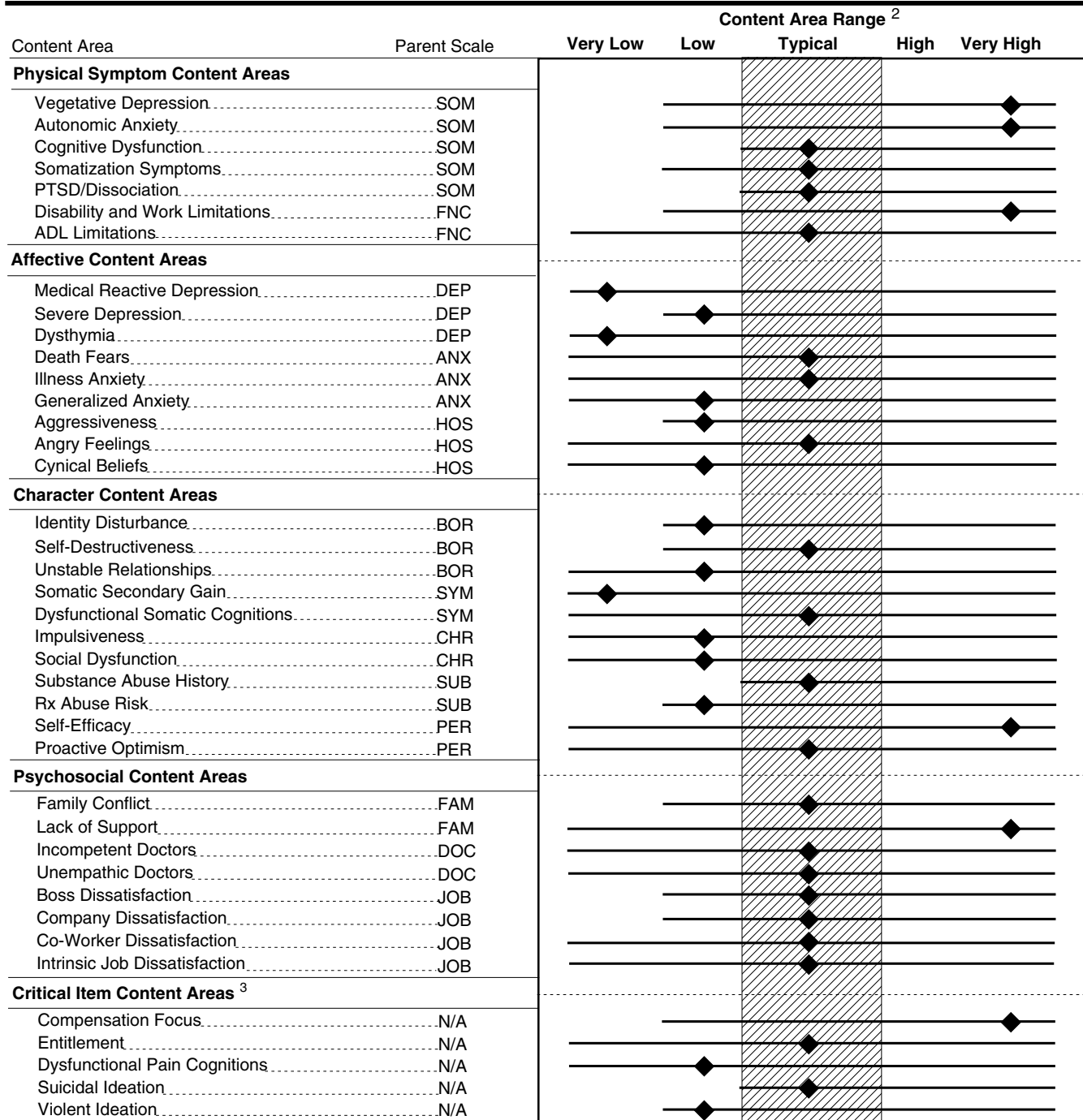
SPECIAL NOTE:



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.

Battery for Health Improvement 2

Content Area Profile ¹



¹The Content Area Profile can be used to further interpret the BHI 2 scale scores by providing additional information about the types of items the patient endorsed. Although individual content areas should not be interpreted in the same manner as the BHI 2 scales because they do not have the same level of reliability and validity, they may help explain scale-level elevations by providing additional information about the nature of the patient's responses.

²The Content Area Range uses a simplified version of the rating system found on the BHI 2 Patient Profile. For each content area, the black horizontal line indicates the overall range of content area ratings in the patient sample. The black diamond indicates the individual patient's content area placement relative to those patients. Approximately two-thirds of the patient population fall within the Typical range, as indicated by the vertical shaded area. High and Very High content area ratings closely approximate the 84th and 95th percentile ranks, respectively, and Low and Very Low ratings closely approximate the 16th and 5th percentiles, respectively.

³Critical Item content areas were derived from critical items rather than from scales.

End of Report

NOTE: This and previous pages of this report contain trade secrets and are not to be released in response to requests under HIPAA (or any other data disclosure law that exempts trade secret information from release). Further, release in response to litigation discovery demands should be made only in accordance with your profession's ethical guidelines and under an appropriate protective order.

ITEM RESPONSES

1: 5	2: 2	3: 4	4: 3	5: 3	6: 3	7: 9	8: 10	9: 6	10: 9
11: 10	12: 8	13: 10	14: 2	15: 3	16: 3	17: 3	18: 3	19: 3	20: 1
21: 1	22: 1	23: 1	24: 1	25: 1	26: 1	27: 3	28: 3	29: 1	30: 3
31: 3	32: 1	33: 1	34: 0	35: 3	36: 3	37: 0	38: 0	39: 0	40: 0
41: 2	42: 3	43: 0	44: 1	45: 1	46: 0	47: 2	48: 1	49: 1	50: 0
51: 3	52: 0	53: 0	54: 1	55: 1	56: 1	57: 3	58: 2	59: 1	60: 1
61: 3	62: 0	63: 0	64: 0	65: 1	66: 1	67: 2	68: 0	69: 1	70: 1
71: 1	72: 0	73: 0	74: 1	75: 1	76: 1	77: 1	78: 3	79: 1	80: 1
81: 2	82: 0	83: 1	84: 1	85: 1	86: 0	87: 1	88: 3	89: 3	90: 1
91: 0	92: 1	93: 3	94: 0	95: 0	96: 1	97: 1	98: 1	99: 0	100: 0
101: 1	102: 0	103: 1	104: 1	105: 0	106: 2	107: 1	108: 1	109: 1	110: 0
111: 1	112: 2	113: 0	114: 0	115: 2	116: 1	117: 0	118: 0	119: 1	120: 0
121: 0	122: 0	123: 0	124: 0	125: 0	126: 3	127: 3	128: 0	129: 0	130: 2
131: 0	132: 1	133: 1	134: 0	135: 0	136: 0	137: 0	138: 0	139: 0	140: 3
141: 1	142: 2	143: 2	144: 2	145: 3	146: 2	147: 3	148: 0	149: 0	150: 0
151: 0	152: 0	153: 0	154: 2	155: 0	156: 0	157: 0	158: 3	159: 0	160: 3
161: 2	162: 2	163: 0	164: 1	165: 1	166: 0	167: 3	168: 3	169: 2	170: 0
171: 3	172: 0	173: 2	174: 0	175: 2	176: 2	177: 1	178: 0	179: 0	180: 1
181: 1	182: 0	183: 0	184: 1	185: 0	186: 0	187: 3	188: 0	189: 1	190: 3
191: 2	192: 2	193: 0	194: 0	195: 1	196: 1	197: 2	198: 3	199: 2	200: 0
201: 1	202: 3	203: 2	204: 2	205: 1	206: 1	207: 1	208: 1	209: 2	210: 2
211: 1	212: 1	213: 2	214: 0	215: 0	216: 3	217: 0			

PATIENT SUMMARY

The following are the results of your BHI 2 test. These results were generated by a computer analysis, which compared your responses to the responses of national samples of rehabilitation/chronic pain patients and nonpatients in the community. This analysis indicates that you reported the following significant information about yourself. It is important to remember that although the computer generated hypotheses about your condition, only your doctor can form a final opinion about what your results mean. If you think that any of the following statements are incorrect, you should discuss them with your medical caregivers. Additionally, if the following interpretation seems to miss important points about you that your doctor or other caregivers should know, be sure to share that information with them.

- You reported that your life is going quite well despite any physical problems you have. However, it is possible that you are reluctant to talk about your feelings or other personal matters and that you are concerned about your privacy. Keep in mind that your doctors can help you best when you are open and direct with them about your problems, including both physical and emotional ones.

- You reported a high level of physical illness symptoms. There are a number of possible medical explanations for these symptoms, which should be discussed with your physician. The symptoms that you reported can also be produced by stress. Stress-related symptoms are very real and are no less important than other types of symptoms, and there are effective treatments for them. Lifestyle changes or treatments that lower your physical and emotional stress may be helpful for you.

- You reported an unusually low level of sad feelings and negative thoughts. It is possible that you are especially resistant to depression or that your circumstances are not very stressful. However, some people in your situation find that depression is an especially difficult feeling to talk about. If this is the case, you should know that it is quite common for patients to experience mild depression, and there is no reason to feel embarrassed or ashamed.

- Your life appears to be stable and successful in many respects. If you have a serious medical condition, this history may help you feel confident about tackling rehabilitation and recovery.

- There has been a great deal of conflict in your family, and you may be angry about not being treated fairly by family members. Their behavior may make it more difficult to deal with your illness or injury. Being a patient is stressful and may require lifestyle changes. If your family is not supportive, it may be more difficult to make these changes. The conflict and lack of support in your family may make your relationship with medical professionals that much more important. Consider looking for other ways to get the support you need (for example, family therapy or a support group).