



**BHI<sup>2</sup>**

Battery for Health Improvement 2



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Brief Battery for Health Improvement 2



# Unlocking the link between mind and body

## Uncover the crucial information that influences outcomes

Patients' deepest secrets are often ones they don't even know they're keeping. Detecting those biopsychosocial risk factors opens a new world for health care providers, enabling them to treat the whole patient. Tied to an evidence-based approach for patient selection, the Battery for Health Improvement™ 2 (BHI™ 2) test helps reveal the crucial information that can lead to positive outcomes and something some patients never thought they'd see: an improved quality of life.

### Battery for Health Improvement 2

BHI 2 offers a concise, coordinated, yet comprehensive assessment of the biopsychosocial issues most relevant in evaluating patients with injuries in only 30–45 minutes. Its results are clearly presented and provide health care professionals with the information they need to design treatment plans that fully address both mind and body. Simply put, patients can lead fuller lives once their doctor has determined the underlying contributors to their pain.

## Versatility: Better outcomes for more patients

One of the most important attributes of the BHI 2 is its versatility. It's valuable for several applications, including:

- Pre-surgical evaluations
- Interdisciplinary pain program
- Interventional pain medicine
- Physical rehabilitation programs
- Workers' compensation evaluations
- Disability evaluations
- Independent medical evaluations

## From all angles: A comprehensive perspective

The BHI 2 test addresses physical, psychological, and social concerns while considering the complex nature of pain and the biopsychosocial phenomenon. The result, along with the patient norms, allows for an extensive patient understanding not available with other singular tests.

## Critical Items that reveal risk factors

If it's a potential risk factor, the BHI 2 test's Critical Items will draw attention to it. The 31 Critical Items red flag such risks as pain fixation, perceived disability, sleep disorders, suicidal ideation and violent tendencies.

## Content areas: What's behind a patient's pain?

Within each scale, the test's content areas help distinguish the specific reasons for a patient's psychological or psychosocial problems. These 40 areas are presented as graphs, providing additional delineation to aid in developing the right treatment plan.

## Bi-directional scales offer answers on both sides

Most psychological tests focus on scores above the norm. The BHI 2 also reports scores below the norm to create a more complete picture. For example, the test reports whether a patient perceives their family as too helpful, or not helpful enough.

### **Validity Scales**

- Self-Disclosure
- Defensiveness

### **Physical Symptom Scales**

- Somatic Complaints
- Pain Complaints
- Functional Complaints
- Muscular Bracing

### **Affective Scales**

- Depression
- Anxiety
- Hostility

### **Character Scales**

- Borderline
- Symptom Dependency
- Chronic Maladjustment
- Substance Abuse
- Perseverance

### **Psychosocial Scales**

- Family Dysfunction
- Survivor of Violence
- Doctor Dissatisfaction
- Job Dissatisfaction

## Brief Battery for Health Improvement 2

The BBHI™ 2 test was developed to accompany the more comprehensive BHI 2 test. Drawing from the same norm group and five overlapping scales, the BBHI 2 offers a quick and concise way to track progress once the BHI 2 test has been administered. The BBHI 2 test can also be used for a short initial assessment.

### Easy to administer, quick results

Administering and getting results of the BBHI 2 is efficient and quick, and it's simple to integrate into your assessment protocol. The Q-global® software allows you to score assessments, produce reports, store the results, and export data for further analysis.

### Uncover key symptoms

The BBHI 2 computerized report includes an analysis of a patient's responses in the following areas:

#### **Physical Symptom Scales**

- Somatic Complaints
- Pain Complaints
- Functional Complaints

#### **Affective Scales**

- Depression
- Anxiety

#### **Validity Scale**

- Defensiveness



The BBHI 2 report also highlights risk factors based on patient responses to 17 critical items, which address areas such as:

- Satisfaction with care
- Compensation focus
- Problems at home
- Suicidal ideation
- Chemical dependency
- Psychosis

### Significant benefits for both patient and clinician

BBHI 2 can have a significant impact on you and your patients. The test can help:

- **Identify risk factors:** Objectively assesses factors that might affect treatment
- **Document treatment readiness:** Mitigates risk and helps meet insurance documentation requirements for medical treatment
- **Make treatment decisions:** Recommends possible approaches to treatment
- **Validate clinical judgment:** Offers objective perspective on your patient's situation
- **Determine the need for further psychological evaluation:** Helps identify the need for psychological treatment
- **Facilitate successful treatment outcomes:** Helps put the patient and clinician in a position to succeed
- **Illustrate improvement:** Demonstrates progress over time
- **Save staff time and resources:** Takes 7–10 minutes to administer, and results are returned quickly



For more information about BHI 2, please visit [PearsonAssessments.com/BHI2](https://PearsonAssessments.com/BHI2).

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