

# **BAPSI**

## **Behavioral Assessment of Pain Scoring Instrument**

**Patient:** Andrea Stafford  
**SSN:** 123-45-6789  
**Date of Birth:** 11/04/1956  
**Sex:** female  
**Date Tested:** 05/17/2003

**Reviewed by:** Blake Tearnan

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The patient is administered the Behavioral Assessment of Pain Screening Instrument (BAPSI) to evaluate his/her level of pain-related disability, psychological distress, and pain intensity. It is well known that these factors increase with time following the onset of pain and that clinicians cannot always reliably detect their presence without using assessment tools like the BAPSI.

A more precise understanding of the patient's level of disability, psychological distress, activity limitation, and pain intensity is important. Research suggests that patients who are severely disabled by their pain or report high levels of psychological distress are more difficult to treat and do not respond well to somatic treatment modalities alone.

The BAPSI should be viewed as a component of a comprehensive assessment protocol and cannot be judged definitively. The results of the BAPSI need to be combined with additional data drawn from the clinical interview and other assessment devices.

The BAPSI should be used as an initial screening instrument to assist in treatment planning and to measure treatment progress and outcome.

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### **BAPSI - Behavioral Assessment of Pain Scoring Instrument**

by

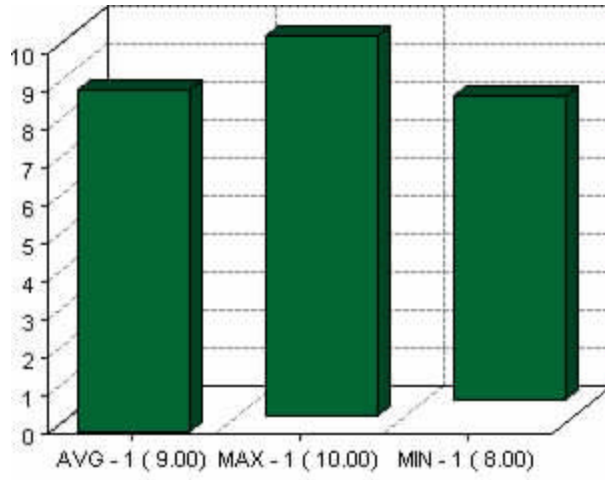
Blake H. Tearnan, Ph.D.

The Behavioral Assessment of Pain Scoring Instrument (BAPSI) is part of the Pain Assessment Series  
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**BEHAVIORAL ASSESSMENT OF PAIN SCORING INSTRUMENT TEST  
PAIN INTENSITY**

Patient: Andrea Stafford  
 Social Security: 123-45-6789  
 Date of Birth: 04/11/1956  
 Gender: female



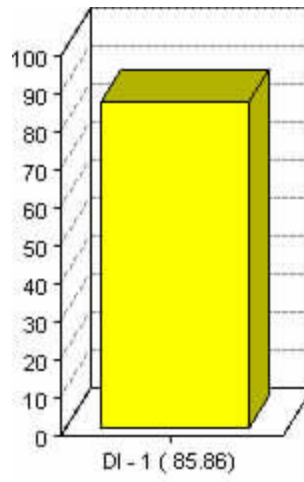
Admin 1 (05/17/2003)

**Pain Intensity Interpretation**

Average (AVG)	0 - 3	4 - 6	7 - 10
	The patient is reporting minimal levels of average pain intensity. Patients reporting this level of pain intensity tend not to report a significant degree of activity limitation related to pain.	The patient is reporting moderate levels of average pain intensity. Patients reporting this level of pain intensity may experience episodes of activity limitation related to pain.	The patient is reporting severe levels of average pain intensity. Patients reporting this level of pain intensity tend to experience significant levels of activity limitation related to pain, use greater amounts of analgesic medication, and report higher levels of overall disability related to their pain.

**BEHAVIORAL ASSESSMENT OF PAIN SCORING INSTRUMENT TEST  
DISABILITY INDEX (PERCENTILE)**

Patient: Andrea Stafford  
 Social Security: 123-45-6789  
 Date of Birth: 04/11/1956  
 Gender: female



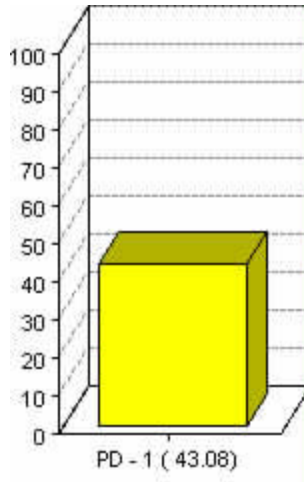
Admin 1 (05/17/2003)

**Disability Index (percentile) Interpretation**

Disability Index (percentile) (DI)	0 - 27	28 - 74	75 - 100
	Minimal disability related to the patient's pain problem. Treatment Recommendations: No need for further assessment or referral. Somatic treatment modalities are likely to be beneficial.	Moderate levels of disability related to the patient's pain problem. The patient may report some generalized mood disturbance, decrease in activities related to pain, and sleep disturbance. Treatment Recommendations: More comprehensive assessment and/or treatment. Examine for the influence of behavioral factors that may be maintaining the pain problems (e.g., avoiding recommended activities) and consider additional somatic modalities.	Severe levels of disability related to the patient's pain problem. The patient is very likely reporting symptoms of generalized mood disturbance, sleep disturbance, high activity interference, and difficulty carrying out day-to-day responsibilities. Treatment Recommendations: Consider referral to an interdisciplinary pain program if pain has persisted for greater than 3 months and conventional medical and/or somatic therapies have been exhausted.

**BEHAVIORAL ASSESSMENT OF PAIN SCORING INSTRUMENT TEST  
PSYCHOLOGICAL DISTRESS (PERCENTILE)**

Patient: Andrea Stafford  
 Social Security: 123-45-6789  
 Date of Birth: 04/11/1956  
 Gender: female



Admin 1 (05/17/2003)

**Psychological Distress (percentile) Interpretation**

<b>Psychological Distress (percentile) (PD)</b>	0 - 27	Minimal mood disturbance is present.  Treatment Recommendations: This patient requires no specialized treatment for depression or anxiety and does not need to be referred to a mental health professional.
	28 - 74	Moderate mood disturbance is present. The patient may be reporting several symptoms of depression and anxiety such as sadness, feelings of stress, and irritability.  Treatment Recommendations: Recommend referral to a mental health professional and somatic treatment modalities. Clinical judgment needs to be exercised taking into consideration the patient's past history, specific symptoms endorsed, etc.
	75 - 100	Severe mood disturbance is noted. The patient is likely reporting numerous symptoms of depression and anxiety. The patient may show evidence for nonorganic symptoms (i.e., nonanatomical signs and express a great deal of pain and illness behavior. Additionally, the patient may be confounding emotional distress for pain, report fears of pain, and demonstrate increased pain sensitivity. The patient may also be using narcotics or other substances to manage emotional distress and pain medication is unlikely to be effective by itself in relieving pain symptoms.

Treatment Recommendations: The patient should be referred to a mental health professional for further assessment and/or treatment. Somatic therapies alone, such as physiotherapy or medications, are likely to be ineffective unless combined with behavioral management strategies.

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**CONCLUSIONS**

The patient is administered the Behavioral Assessment of Pain Screening Instrument (BAPSI) to evaluate his/her pain intensity and his level of pain-related disability, psychological distress, and activity limitation. Below is a summary of the results.

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<b>Scale</b>	<b>Admin 1 05/17/2003</b>	
Disability Index (percentile)	85.86	high
Pain Intensity - Average	9.00	high
Psychological Distress (percentile)	43.08	moderate

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## CLINICAL IMPRESSIONS

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The patient is reporting severe levels of average pain intensity. Patients reporting this level of pain intensity tend to experience significant levels of activity limitation related to pain, use greater amounts of analgesic medication, and report higher levels of overall disability related to their pain.

Severe levels of disability related to the patient's pain problem. The patient is very likely reporting symptoms of generalized mood disturbance, sleep disturbance, high activity interference, and difficulty carrying out day-to-day responsibilities. Treatment Recommendations: Consider referral to an interdisciplinary pain program if pain has persisted for greater than 3 months and conventional medical and/or somatic therapies have been exhausted.

Moderate mood disturbance is present. The patient may be reporting several symptoms of depression and anxiety such as sadness, feelings of stress, and irritability.

Treatment Recommendations: Recommend referral to a mental health professional and somatic treatment modalities. Clinical judgment needs to be exercised taking into consideration the patient's past history, specific symptoms endorsed, etc.

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