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*This section summarizes the test results in language that is easier for the patient to understand and accept.*

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 a high level of pain and it appears that you are focused on seeking relief. Whatever the source of your pain, it is important to remember that there are many effective treatments available to you. Keeping track of your pain symptoms and all the factors that aggravate or relieve them will help your doctor identify the type of treatment that is most likely to be effective for you.
- The high level of negative thoughts and sad feelings that you reported suggests that you may be depressed. This may be your reaction to a medical condition or may be due to other factors in your life. Depression could complicate your recovery and is a significant concern in and of itself. The good news is that there are many effective ways to treat depression, including medications and talking to a professional about your problems.
- You have experienced a good deal of emotional turmoil in your life. It appears that people often let you down. You may be looking for someone you can rely on, but may be afraid that if you get your hopes up, you will be disappointed again. If this continues to be a problem for you, a psychologist or counselor may be able to help you work on strategies to avoid future disappointments.
- There has been a great deal of conflict in your family, and you may be angry about not being treated fairly by family members. That 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).
- You are very dissatisfied with your job. You may feel that your boss is not supportive or that your company does not care about you. You may have conflicts with your co-workers, and you may dislike the job itself. You may also feel that the people at work have not been especially supportive regarding your medical condition, and this may make being at work more difficult for you. Because returning to work is often a goal of rehabilitation and medical treatment, these conflicts may make recovery more difficult for you. If you feel uncertain about what to do, an employee assistance person or a psychologist may be able to give you some helpful suggestions.