

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 - Medication 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.