# BAI®

BAI®
Beck Anxiety Inventory®
Interpretive Report
*Aaron T. Beck*

| | |
|---|---|
| Name: | John Sample |
| Age: | 28 |
| Gender: | Male |
| Date Assessed: | 05/11/2017 |

PsychCorp™

# ASSESSMENT RESULTS

The following graph and table presents the client's *T* score, which is based on the norm for a non-clinical sample. This information may be useful in estimating the severity of the client's symptoms relative to this group. *T* scores of 50 are average for the group (standard deviation = 10 *T* score points).
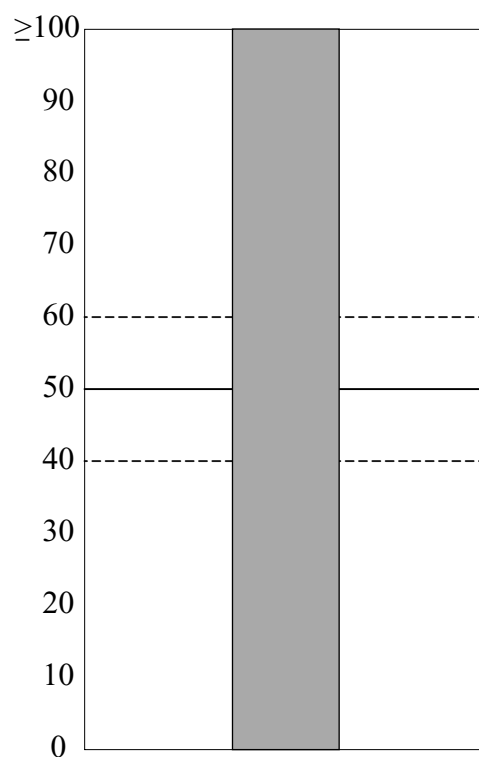


| | |
|---|---|
| Raw Score: | 63 |
| T Score (Plotted): | 144 |
| Percentile Rank: | >99.9 |
| Diagnostic Range: | Severe |

# INTERPRETATION

John Sample expresses a high level of symptomatology associated with anxiety. His anxiety may significantly interfere with information-processing functions and result in poorly planned responses to environmental pressures. The inability to meet life's demands adequately may then exacerbate the patient's real-world problems and lead to greater anxiety and even greater difficulty in responding to environmental pressures. The clinician should make anxiety-reduction strategies the primary focus of treatment. However, the clinician might also examine the patient for depression using the *Beck Depression Inventory II* or other appropriate assessment procedure, because of the high rate of co-morbidity between anxiety and depression.

For a statistically significant* change to have occurred, the patient's subsequent BAI score must be below 53.

*90% confidence level, controlling for regression to the mean and the reliability of the test.

# ENDORSED ITEMS

John Sample endorses the following subjective and panic-related symptoms of anxiety on the BAI:
    4. Unable to relax. (Severe)
    5. Fear of the worst happening. (Severe)
    7. Heart pounding or racing. (Severe)
    9. Terrified. (Severe)
  10. Nervous. (Severe)
  11. Feelings of choking. (Severe)
  14. Fear of losing control. (Severe)
  15. Difficulty breathing. (Severe)
  16. Fear of dying. (Severe)
  17. Scared. (Severe)

He endorses the following somatic symptoms of anxiety on the BAI:
    1. Numbness or tingling. (Severe)
    2. Feeling hot. (Severe)
    3. Wobbliness in legs. (Severe)
    6. Dizzy or lightheaded. (Severe)
    8. Unsteady. (Severe)
  12. Hands trembling. (Severe)
  13. Shaky. (Severe)
  18. Indigestion or discomfort in abdomen. (Severe)
  19. Faint. (Severe)
  20. Face flushed. (Severe)
  21. Sweating (not due to heat). (Severe)

## End of Report

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## ITEM RESPONSES

  1: 3    2: 3    3: 3    4: 3    5: 3    6: 3    7: 3    8: 3    9: 3  10: 3
11: 3  12: 3  13: 3  14: 3  15: 3  16: 3  17: 3  18: 3  19: 3  20: 3
21: 3