

Psychosocial Risk Indicators Suggesting That Psychological Factors Are Playing a Role In Physical Symptomatology

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During the course of medical treatment, there are a number of clinical signs that suggest that a psychomedical condition is present. Test results—such as those derived from the BBHI 2—may also indicate the presence of a psychomedical disorder. As the number and severity of the risk indicators listed below increase, the risk increases that psychosocial factors are involved in the etiology of the condition, as well as influencing the patient's response to treatment..

Medical Signs

1. Continued symptoms but all medical findings are negative
2. Reports of extreme or impossible symptoms
3. Subjective complaints of pain or disability that exceed what would be expected given the objective medical findings
4. Inexplicable delays in recovery
5. Lack of motivation or compliance with treatment
6. Failure to make necessary lifestyle changes
7. No reported relief from any intervention
8. Excessive emergency room visits
9. Resistance to physical examinations or undressing (this can suggest a history of abuse or other emotional issues)
10. Heightened muscular bracing, which can be indicative of anxiety, anger, or frustration
11. Indications of sleep disturbance, weight fluctuation, or stress-related physical symptoms
12. Inappropriate use of prescription medications, especially opioids

Psychological Signs

1. Indications of depression, anxiety, or anger
2. Fear of or resistance to medical procedures
3. Reported stress or conflict at home, at work, or with caregivers
4. Personality disorder (e.g., borderline or dependent)
5. Indications of primary or secondary gain or an incentive to fail to recover (e.g., financial gain)

Historical Signs

1. History of excessive medical utilization
2. History of chemical dependency or mental illness
3. History of antisocial behavior