



# BASIS-24®

## ***The New Nationally Tested BASIS-24***

The BASIS-24 is a twenty-four item patient self-report questionnaire designed to assess treatment outcomes by measuring symptoms and functional difficulties experienced by consumers seeking mental health services.

The new BASIS-24 survey cuts across diagnoses, recognizing the wide range of symptoms and problems that occur across the diagnostic spectrum. The BASIS-24 is not designed to be used with a particular clinical theory or practice, but to measure outcome for a broad range of treatments and services encompassing many theoretical orientations.

Scores can be computed for the overall BASIS-24, as well as for six domains: Depression and Functioning, Interpersonal Relationships, Psychosis, Substance Abuse, Emotional Lability, and Self-harm.

The BASIS-24 is administered at the beginning of a treatment episode, with repeat assessments obtained at desired intervals to assess change during or following treatment. All items are answered on a 5-point scale with different sets of response options tailored to particular sets of questions. The survey was written at a 5<sup>th</sup> grade reading level to maximize the number of individuals who can complete it.

## ***Maximum Applicability with Minimal Cost and Burden***

Easily understood by professionals and non-professionals alike, this brief, responsive, reliable, valid outcome measure can be implemented in clinical care settings at minimal cost and with minimal burden to providers and consumers.

Taking only five to fifteen minutes to complete, the BASIS-24 can be administered to anyone eighteen years or older with any psychiatric or substance abuse diagnosis, except those with severe cognitive impairment such as dementia or mental retardation. The survey does not require

administration by clinically trained staff. In addition to administering it through a paper-and-pencil form or computer screen, the BASIS-24 can be administered as a structured in-person or telephone interview.

## ***The Science Behind the Survey***

The BASIS-24 was developed over a three and a half year period by Susan V. Eisen, Ph.D., and her research team, with funding from the National Institute of Mental Health. The survey is grounded in scientific methods of instrument development and validation, using sophisticated psychometric techniques.

During the development process, Dr. Eisen garnered input from more than 75 researchers, administrators, clinicians, and consumers on the length of the survey, clarity of the questions, appropriateness of the response options, optimal time frame, domains covered, racial and cultural sensitivity, and other survey characteristics.

The research team conducted 97 interviews to evaluate how respondents understood and interpreted instructions, questions, and response options.

The survey was then field tested among more than 6,000 consumers from racially and ethnically diverse backgrounds receiving inpatient or outpatient treatment for mental health or substance abuse at one of 28 facilities across the U.S.

Item response Theory (IRT) was used to identify the most informative items for inclusion in the survey.

## ***BASIS-24 Research Achievements***

Research for the BASIS-24 achieved several objectives, resulting in:

- Simplified questions and decreased reading level;
- Fewer questions and decreased redundancy of items;

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- Improved reliability and validity in measuring psychosis and substance abuse;
- Improved multicultural sensitivity of items;
- Validation among heterogeneous groups of mental health and substance abuse service recipients.

## **Clinical and Organizational Applications**

The BASIS-24 allows you to evaluate clinical and program effectiveness from the patient perspective with the statistical accuracy necessary today. Results can be used to meet accreditation requirements, satisfy insurers and other payers, and—most importantly—deliver high quality behavioral health care to the community you serve.

**Program Comparison and Assessment** - Aggregate results are useful for comparing programs and tracking changes in outcomes over time for various stakeholders. Inferential statistics can be used to assess statistical significance within and between groups.

**Program Planning** - Baseline assessment can help guide program planning by informing administrators and clinical leaders about the kinds of symptoms and problems presented by patients; this can also guide staff training and recruitment efforts. Results can also be used to identify the prevalence of types of symptoms and problems in specific populations, e.g., self-reported substance abuse among adult psychiatric inpatients not admitted for nor diagnosed with a substance abuse disorder.

**Treatment Planning and Goals** - Because BASIS-24 scores allow you to identify primary and secondary psychiatric problems from the consumers' perspective, the items on which consumers report a high degree of difficulty can become the focus for setting treatment goals. Research has shown that acknowledging consumers' perspectives improves satisfaction with care. The value of attending to consumers' perspectives and the positive

effects of a consumer-oriented approach to the therapeutic process cannot be overstated.

**Quality Improvement through Case Review** - Consumers who do not improve can be identified and their cases reviewed in depth to identify the diagnostic, treatment, environmental, or other factors that might help explain the neutral or negative response to treatment. Note that in long-term treatment monitoring, maintenance of goals achieved earlier is a positive outcome.

**Patient Safety** - Scores on the Self-harm subscale can be used to help monitor patient safety within the community or treatment setting. Use of a self-report survey may also be helpful with consumers who are guarded and reluctant to reveal symptoms.

## **About Dr. Eisen**

Susan V. Eisen, Ph.D., Developer of the BASIS-32 and BASIS-24  
Center for Health Quality, Outcomes and Economic Research (CHQOER)  
EN Rogers Memorial Veterans Hospital  
Boston University School of Public Health

## **About McLean Hospital**

McLean Hospital, a non-profit, clinical, teaching and research hospital of Harvard Medical School, is a leader in mental health research, affiliated with the world-renowned Massachusetts General Hospital and a member of Partners Healthcare System.

## **For More Information**

For more information about the BASIS-24 survey, call 617-855-2424 or visit our website at [www.basissurvey.org](http://www.basissurvey.org).

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