

## Columbia Behavior Scale for Dementia® (CBS -8®)

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

DOB: \_\_\_\_\_ Gender: Female / Male Education: \_\_\_\_\_

\_\_\_\_\_ Race: \_\_\_\_\_

\_\_\_\_\_ Examiner: \_\_\_\_\_

\_\_\_\_\_ Informant: \_\_\_\_\_

\_\_\_\_\_

**CBS-8® Total Score:** \_\_\_\_\_

**Psychosis Factor Score:** \_\_\_\_\_

**Aggression Factor Score:** \_\_\_\_\_

**Motor Disinhibition Factor Score:** \_\_\_\_\_

BCAT® Score: \_\_\_\_\_ BCAT®-SF Score: \_\_\_\_\_

Instructions: Clinician asks a knowledgeable caregiver to rate the following items based on frequency during the past month.

Scoring:	0 Seldom / Never	<once a month	Scores of 0-1 in any factor or the total score = sub-threshold
	1 Occasionally	1-3 times per month	Scores of 2+ in any factor or the total score = clinically significant
	2 Sometimes	approximately once a week	
	3 Often	more than once a week	

### Positive Symptoms

Seldom/  
Never

Occasionally

Sometimes

Often

#### Psychosis Factor

Psychosis Factor Score: \_\_\_\_\_

##### 1. Delusions

False beliefs, such as someone is stealing from her

0

1

2

3

##### 2. Hallucinations

Such as seeing or hearing things that are not present

0

1

2

3

#### Aggression Factor

Aggression Factor Score: \_\_\_\_\_

##### 3. Physical aggression

Toward others, such as hitting, or destroying property

0

1

2

3

##### 4. Verbal aggression

Offensive or abusive language

0

1

2

3

##### 5. Agitation / anxiety

Agitated emotional state with or without behavior

0

1

2

3

##### 6. Irritability / affect lability

Irritable state or uncontrolled affect

0

1

2

3

#### Motor Disinhibition Factor

Motor Disinhibition Factor Score: \_\_\_\_\_

##### 7. Motor restlessness

Includes wandering without apparent purpose and exit-seeking

0

1

2

3

##### 8. Behavioral disinhibition

Disrobing, ritual behavior, impulsivity

0

1

2

3

Total CBS8 Score: \_\_\_\_\_

## Brief Education Aid - Columbia Behavior Scale for Dementia® (CBS-8®)

1. Dementia is not a normal part of aging but a disorder. It can be caused by many diseases such as Alzheimer's.
2. Memory problems, poor comprehension, disorientation, confusion, and reduced ability to perform everyday tasks are typical symptoms.
3. A delusion, which can occur in residents with dementia, is a false belief. "I know she is stealing from me." As an example, you may work with a resident who is convinced that a person is stealing from her when in fact this is not true.
4. A hallucination is when a resident perceives something as real when it is not. Hallucinations are perceived through the senses. A resident with dementia may see or hear something that is not objectively real. "I saw bats flying around my room last night."
5. A common symptom of dementia is irritability. Residents who are irritable tend to become easily annoyed or angered.
6. Behavioral disinhibition is sometimes referred to as "loss of control". This is when a resident does not seem able to control behaviors such as disrobing, wandering, exit-seeking, yelling, or hitting. The part of the brain that controls behavior is not working properly. You can think about this as like a ship without a captain. The ship could be moving around without anyone at the controls.
7. Residents who demonstrate motor restlessness are frequently in motion. Their movements seem impulsive and often without apparent purpose. Frequent wandering is one example of motor restlessness.
8. The mood state, anxiety, can occur in residents with (and without) dementia. Anxiety in older adults has many possible symptoms, but most common are excessive worry, feelings of being overwhelmed, and excessive nervousness.