

What Is The CBS-8?

The CBS-8 (Columbia Behavior Scale for Dementia) is a free instrument developed by the BCAT® Research Center to improve management and treatment of Behavioral and Psychological Symptoms of Dementia (BPSD). It can be used by healthcare professionals, caregivers, and other stakeholders in dementia care. Quite often the CBS-8 is administered by caregivers and the results are then shared with the healthcare provider.

The Science

- Strong reliability (internal consistency and inter-rater reliability)
- Strong validity
- Normative and development study peer-reviewed and published
- Higher scores associated with more severe BPSDs
- 3 internal “factors”: psychosis, aggression, non-aggressive motor disinhibition
- Cut scores indicating when treatment is indicated and where it should be directed
- Caregivers who participated in 10-minute training demonstrated proficiency
- To read the published article, [click here](#).

How Do I Use The CBS-8?

We recommend the CBS-8 be used in the following progressive manner:

1. Determine if the patient has probable dementia by first administering the BCAT® or BCAT®-SF. For more information about the BCAT® and the BCAT®-SF go to the BCAT® website www.thebcat.com. If scores indicate probable dementia, then,
2. Administer the CBS-8 to determine BPSD baseline. This will identify whether the patient is currently demonstrating clinically significant symptoms of psychosis, aggression, and/or motor disinhibition.
3. If any factor score or total score is 2 points or higher, then treatment is typically indicated. Interventions can be non-pharmacological or medication-based.
4. For those who are interested in non-pharmacological interventions, the 3D Behavior Management Program and MemPics® can be used to reduce BPSD. Both have demonstrated efficacy in clinical studies. MemPics® can be used as a 1:1 intervention or in small groups lead by both licensed professionals and caregivers. To access 3D and MemPics®, visit the [Bookstore](#).
5. Repeat the CBS-8 in two weeks (or other time frame) and compare results. This will provide evidence of possible improvement in symptoms and in right-sizing care.
6. The CBS-8 can be repeated as often as necessary.

Access The CBS-8 Now

To access the CBS-8 assessment, [click here](#).

Interested in learning how to maintain a brain-healthy lifestyle?

Be the first to know about the latest ways to reduce the risk of cognitive decline. Sign up below and get updates sent straight to your inbox.

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The Columbia Behavior Scale for Dementia (CBS-8): Validity and Reliability of a Rapidly Administered New Instrument for Dementia-Related Behaviors in Long-Term Care Settings

William E. Mansbach, PhD, Ryan A. Mace, PhD, Melissa A. Tanner, PhD, and Francis Schindler, PhD

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Abstract

We developed and evaluated the psychometric properties of the Columbia Behavior Scale for Dementia (CBS-8), a rapid instrument that assesses positive symptoms, to enhance behavioral and psychological symptoms of dementia (BPSD) assessment and treatment in long-term care. Psychometric analyses were performed on CBS-8 data from residents ($N = 350$, age ≥ 50 years) in 47 Maryland long-term care facilities referred for neurocognitive and mood evaluation. The CBS-8 demonstrated acceptable internal consistency ($\alpha = 0.78$) and strong interrater reliability (intraclass correlation coefficient = 1.00). CBS-8 scores were correlated with greater cognitive impairment severity ($r = -0.34$). The diagnosis of dementia with behavioral disturbance had higher CBS-8 scores than other dementia types (e.g., vascular, unspecified) ($p < 0.001$, $\eta^2 = 0.40$). Three CBS-8 factors—motor disinhibition, aggression, and psychosis—explained 65% of the variance in overall BPSD. The CBS-8 could enhance BPSD tracking and treatment, strengthen interdisciplinary collaboration, and aid nursing homes in meeting regulations on unnecessary medication use. [*Research in Gerontological Nursing*, 14(3), 160–168.]

Figures References Related Details



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Information

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