

# The Brief Universal Prevention Program Survey (BUPPS)

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Modified\* for the  
MHLA Behavioral Health Expansion Program  
and  
Community Partner Clinics

\* Modified by Robert B. Levine, LMFT, DMH Project Manager for MHLA Project in March 2022



WELLNESS • RECOVERY • RESILIENCE

# What is the BUPPS?

## **Brief Universal Prevention Program Survey**

- For Mental Health Prevention Services (MHPS) single events or MHPS multi-session programs
- Comes as a Non-fillable PDF
- Replaces the PHQ series (the “2” and the “9”) and the GAD-7 measures as the required Outcome Measures for MHPS
- Two BUPPS Subscales for the My Health LA (MHLA) Population:
  - Core BUPPS Protective Factors  
Measures protective factors: hopefulness, social connectedness, good coping skills, emotional self-regulation, concrete supports
  - World Health Organization (WHO) Wellbeing  
Measures protective factors: resilience/social & emotional competence, sense of purpose, physical health

# BUPPS - IMPORTANT NOTES

- Read instructions
- Ask participants to answer as best they can
- Do **NOT** do any of the following:
  - ✓ Offer interpretation of individual items
  - ✓ Define terms
  - ✓ Suggest answers
  - ✓ Give opinions
  - ✓ Agree or disagree
  - ✓ Show approval or disapproval of an answer



## Brief Universal Prevention Program Survey (BUPPS)

For use with the MHLA - Mental Health Prevention Services Program

### BUPPS Protective Factors Subscale

Please indicate how much you <u>currently</u> agree with each of the statements:		Not at all (1)	A little (2)	Somewhat (3)	Quite a bit (4)	A lot (5)
1.	I feel hopeful about the future.	1	2	3	4	5
2.	I feel like part of a community.	1	2	3	4	5
3.	I know at least one thing I can do to deal with uncomfortable feelings.	1	2	3	4	5
4.	I know at least one thing I can do to deal with difficult thoughts.	1	2	3	4	5
5.	I know at least one thing I can do to deal with challenging behaviors.	1	2	3	4	5
6.	I know about resources that might be helpful for me or someone I care about.	1	2	3	4	5

### World Health Organization (WHO) Wellbeing Subscale

Please indicate how you have been feeling over the last two weeks:		At no time (0)	Some of the time (1)	Less than half of the time (2)	More than half of the time (3)	Most of the time (4)	All of the time (5)
7.	I have felt cheerful and in good spirits.	0	1	2	3	4	5
8.	I have felt calm and relaxed.	0	1	2	3	4	5
9.	I have felt active and energetic.	0	1	2	3	4	5
10.	I woke up feeling fresh and rested.	0	1	2	3	4	5
11.	My daily life has been filled with things that interest me.	0	1	2	3	4	5

### STAFF USE SECTION

Patient Name _____ Patient's MHLA Participant ID _____ Clinic Name _____ Clinic Staff Name _____ Date of Service _____ Check this box if this is the final survey completed by patient for this MHPS cycle <input type="checkbox"/>	Check the box below that applies Given as part of an MHPS Screening Process (H0002) <input type="checkbox"/> Given in a MHPS Follow Up Session (H2014) <input type="checkbox"/> BUPPS Protective Factors (Must be between 6 – 30) TOTAL SCORE _____ WHO Wellbeing Score (Must be between 0 – 25) TOTAL SCORE _____
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# **BUPPS: When to use it?**

## **Frequency**

- Administer during the Mental Health Prevention Services (MHPS) Screening Process (H0002),
- Intermittently during MHPS cycle – every other session (H2014), and
- At discharge – final/last MHPS session (H2014).

# **BUPPS: How to complete Staff Use Section at the bottom of the Survey? (1 of 2 Slides)**

Patient Name \_\_\_\_\_

Patient's MHLA Participant ID \_\_\_\_\_

**Clinic Name** \_\_\_\_\_

**Clinic Staff Name** \_\_\_\_\_

**Date of Service** \_\_\_\_\_

*Check this box if this is the final survey completed by patient for this MHPS cycle*

## **LEFT Side of Rectangular Box**

- ✓ Full patient name
- ✓ Include MHLA Patient Identification Number (PID)
- ✓ Use clinic name, and site location name if there is more than one site participating in the MHLA Program
- ✓ Name of the staff rendering the MHPS screening process
- ✓ Date on which the service was rendered
- ✓ Be sure to check this box **ONLY** when it's a confirmed **final/last** session, otherwise leave the box empty
  - ❖ *(This is how DMH knows when to calculate the Pre- and Post- BUPPS outcomes)*

# **BUPPS: How to complete Staff Use Section at the bottom of the Survey? (2 of 2 Slides)**

## **RIGHT Side of Rectangular Box**

- ✓ Be sure to **check only one of the two boxes** at the top, **not both**
- ✓ Provide two distinct scores, one for the Protective Factors subscale and one for the WHO Wellbeing subscale
  - ❖ *Be sure to look at the range of applicable scores for each of the two categories*

Check the box below that applies

Given as part of an **MHPS Screening Process (H0002)**

Given in a **MHPS Follow Up Session (H2014)**

BUPPS Protective Factors (Must be between 6 – 30)

TOTAL SCORE \_\_\_\_\_

WHO Wellbeing Score (Must be between 0 – 25)

TOTAL SCORE \_\_\_\_\_

# **BUPPS: How to Score it?**

## **(1 of 3 Slides)**

### **Sum each subscale**

- BUPPS Protective Factors Score (questions 1-6 on PDF):
  - ✓ Indicate the sum of the scores on the first 6 questions
  - ✓ Range: 6-30
- WHO Wellbeing Score (7-11):
  - ✓ Indicate the sum of the scores on questions 7-11
  - ✓ Range: 0-25

# **BUPPS: How to Score it?**

## **(2 of 3 Slides)**

### **What to do if one or more of the questions are left unanswered**

- If **two or more questions on a subscale** are left unanswered then that subscale becomes invalid.
- If, however, **only one question on a subscale** is unanswered you can replace the missing value to that question by using the formula in the example below.

***For example:** On the Wellbeing subscale there are a total of 5 questions and only 4 of the 5 questions have an answer.*

1. *Add up the score of the 4 questions and then divide that by 4 (Calculating the average).*
2. *That number now becomes the score for the missing question, so add that number to the 4 scores you already have. (This now gives you a total of 5 scores.)*
3. *Report that total score for the Wellbeing subscale. (See this sample on the next slide.)*



# BUPPS: How to Score it? (3 of 3 Slides)

*How to handle an unanswered question on a subscale.*

In this example question number 10 is left blank.

- The total of question #s 7, 8, 9 and 11 = 7
- 7 divided by 4 = 1.75 which gets rounded off\* to the nearest whole number which is 2.
- 2 now becomes the score for question #10.**
- Take the previous total of 7 and add in 2 = 9.
- 9 is what you would put as the total score for the WHO Wellbeing Subscale.

\* **Rounding off formula:** When the number to the right of the decimal point is a 5 or higher, round up, otherwise round down. (1.7 becomes a 2, while a 1.45 becomes a 1)

## World Health Organization (WHO) Wellbeing Subscale

Please indicate how you have been feeling <u>over the last two weeks</u> :		At no time (0)	Some of the time (1)	Less than half of the time (2)	More than half of the time (3)	Most of the time (4)	All of the time (5)
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11	My daily life has been filled with things that interest me.	0	1	2	3	4	5

# Questions or Additional Information

General Questions

PEI Outcomes e-mail address:

[PEIOutcomes@dmh.lacounty.gov](mailto:PEIOutcomes@dmh.lacounty.gov)

Questions related to use of the BUPPS for the MHLA Program

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