

# The State of Measurement-Based Care (MBC)

Though recognized as the foundation of effective care, **fewer than 20%** of behavioral health clinicians use MBC due to barriers to implementation.



-JAMA

❗ Myth: Completing assessments is a burden.

📌 Fact: Patient feedback is **widely positive** regarding assessments and MBC.



Behavioral health patients are **~4x more likely** to improve with MBC.

- Lambert & Shinokawa



MBC has shown to **reduce patient dropout rates by 20%** and lessen symptoms.

-Jong, Conijn, Gallagher, Reshetnikova, Heij & Lutz

❗ Myth: MBC tools don't account for variation in clinical presentation.



📌 Fact: MBC tools can be used to address a patient's **overall acuity**, including **symptom severity** and functionality, and **inform treatment** plans to improve both how patients feel and function.

"It motivates clients to take a deep dive into specific areas where they are not seeing progress and **helps therapists gauge their performance.**"



- Lucet provider using MBC

[Click here](#) to access our white paper on our **effective approach to measurement-based care**