

Diagnosis and Treatment

The Client and Clinician Client: The person _____ Clinician: The person _____ Psychiatrists Receive specialized advanced training in diagnosing and treating people with psychological disorders Clinical psychologist A mental health professional with training in the behavioral sciences who provides _____

Diagnosing Psychological Disorders

Once the assessment process indicates that the person may have a psychological disorder it's time to discuss diagnosis



A book published by the American Psychiatric	
Association that contains standard terms and definitions of psychological disorders.	
Each digarday is defined by a	
Each disorder is defined by a	
MODERNE AND STORM IN AND STORM	
History of the DSM	
The first edition of the DSM was published in 1952 and contained about 60 disorders.	
• The DSM –I and II were very influenced by the	
• There was no sharp distinction between	
- There was no sharp distillction between	
All disorders were loosely defined and caused by unconscious emotional conflict.	

DSM IV

- This DSM examined the reliability and validity of definitions and criteria, as well as creating new diagnoses.
- New disorders were introduced and other deleted in the DSM IV.
- Example, in the DSM-III, homosexuality was listed as a psychological disorder, but was removed by the APA in 1973.



The APA has made major changes to the diagnostic system which you will learn about this semester!



Diagnostic and Statistical Manual of Mental Disorders (DSM)

- The DSM 5 is a
 - Psychological disorders and medical disorders are identified, as well as particular stressors that are affecting the individual's psychological status.
 - These may be important because they can affect the diagnosis, treatment, or outcome of a client's psychological disorder.

The DSM

No information about treatment or etiology is included.

The International Classification of Diseases (ICD)

- Mental health professionals outside the U.S. and Canada use the World Health Organization's (WHO) diagnostic system, which is the International Classification of Diseases (ICD).
 - The ICD-10 is the current edition
- An overarching goal of the DSM 5 and future ICD-11 was to harmonize these two classifications systems as much as possible.

TABLE 2.2 Examples from Z Codes in ICD-10 Problem Examples Problems related to Underachievement in school education and literacy Problems related Change of job Sexual harassment on the job to employment Military deployment status and unemployment Problems related Homelessness to housing and economic circumstances Extreme poverty Problems related to Acculturation difficulty social environment Problems in relationship with spouse Disappearance and death of family member Other problems related to primary support group, including family circumstances Alcoholism and drug addiction in family Problems related to certain Unwanted pregnancy psychosocial circumstances SOURCE: http://www.icd10data.com/ICD10CM/Codes/Z00-Z99/Z55-Z65

WHO Disability Assessment Schedule	
n instrument known as the WHO Disability ssessment Schedule (WHODAS) is included as a ection of the DSM-5 so clinicians can provide such a ating.	
aung.	

TABLE 2.3 Questions on the WHODAS						
	e past 30 days, how much difficulty ou have in:	None	Mild	Moderate	Severe	Extreme or cannot do
1	Standing for long periods such as 30 minutes?	1	2	3	4	5
2	Taking care of your household responsibilities?	1	2	3	4	5
3	Learning a new task, for example, learning how to get to a new place?	1	2	3	4	5
4	How much of a problem did you have joining in community activities (for example, festivities, religious or other activities) in the same way as anyone else can?	1	2	3	4	5
5	How much have <u>you</u> been <u>emotionally affected</u> by your health problems?	1	2	3	4	5
6	Concentrating on doing something for ten minutes?	1	2	3	4	5
7	Walking a long distance such as a kilometre for equivalent??	1	2	3	4	5
8	Washing your whole body?	1	2	3	4	5
9	Getting dressed?	1	2	3	4	5
10	Dealing with people you do not know?	1	2	3	4	5
11	Maintaining a friendship?	1	2	3	4	5
12	Your day to day work/school?	1	2	3	4	5

What's the BEST Diagnosis?	
After reviewing all of the symptoms presented by the client the clinician makes a diagnosis.	
It is important to rule our other possible diagnoses before giving a final diagnosis	
Differential Diagnosis	

Assigning Rank

- When clinicians give multiple diagnoses they typically consider one to be the
- The disorder that is considered to be the primary reason the individual is seeking professional help



Is this system perfect?

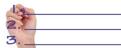
- One criticism of the DSM is the notion of _______
 the presence of two or more disorders in an individual at the same time.
- Some criticize this categorical system because it can lead to



Treatment Planning

- Once a diagnosis has been assigned a treatment plan is developed which is designed to provide the most
- First the clinician deals ______, then handles problems in the near future and finally issues that require extensive work well into

Goals



Treatment Sites

- Treatment sites vary in the degree to which they provide a controlled environment and in the nature of the services they provide.
 - Outpatient Treatment Centers
 - Outputient freatment center.







What type of treatment is best?

- The Modality of Treatment is the form of treatment determined by the clinician based on the best match between the client's goals and needs.
- There are many forms of therapy available for clients:
 - Individual
 - Family
 - Group Therapy
 - Milieu Therapy



Evidence-Based Practice in Psychology

Clinical decision making that integrates the best available research evidence and clinical expertise in the context of the cultural background, preferences, and characteristics of clients

Clinicians are interested in:	
Course Described as either chronic, episodic, or time-limited	
Prevalence	
Incidence- The number ofin a certain time period, usually per year	
Prognosis - future development	
Etiology of the disorder	

Next Class!

Anxiety, Obsessive-Compulsive, and Trauma-and Stressor-Related Disorders