



Diagnosing Psychological Disorders

Chapter 2
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 disorder is defined by a



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 _____
- 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 education and literacy	Underachievement in school
Problems related to employment and unemployment	Change of job Sexual harassment on the job Military deployment status
Problems related to housing and economic circumstances	Homelessness Extreme poverty Low income
Problems related to social environment	Acculturation difficulty
Other problems related to primary support group, including family circumstances	Problems in relationship with spouse Disappearance and death of family member Alcoholism and drug addiction in family
Problems related to certain psychosocial circumstances	Unwanted pregnancy

SOURCE: <http://www.icd10data.com/ICD10CM/Codes/Z00-Z99/Z55-Z65>

WHO Disability Assessment Schedule

- _____

- An instrument known as the WHO Disability Assessment Schedule (WHODAS) is included as a section of the DSM-5 so clinicians can provide such a rating.

WHO Disability Assessment Schedule

TABLE 2.3 Questions on the WHODAS

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

SOURCE: http://www.who.int/classifications/icd/WHODAS2.0_12items/INTERVIEW.pdf

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 out 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
- _____



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 of _____ in 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
