How do we diagnose psychological disorders?

Chapter 3- Clinical Assessment and Diagnosis

1

Class Objectives

▣ How are psychological disorders diagnosed?

▣ What is Clinical Assessment and why is it used?

▣ What assessment methods do professionals use?

2

What is Clinical Assessment?

▣ *Clinical assessment* is a _____ _____ and measurement that measures:

- Psychological
- Biological
- Social factors

▣ in a person who _____ have a psychological disorder.

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Clinical Assessment

- Only after a person is assessed can a *diagnosis* be given.

- This is the process of determining whether a presenting problem _____ _____

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The diagnosis of a psychological disorder represents a way of classifying patterns of abnormal behavior

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Why is it important to have a process for assessing and diagnosing people?

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Universal standards

- History of "Insane Asylums"

- _____ is the core of scientific study, which allows researchers to communicate their findings more effectively.

- Universal standards _____ _____

- To be diagnosed with a psychological disorder very <u>specific criteria</u> must be met.

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What makes an assessment method valuable?

- *<u>Reliability</u>*:
  - Is the degree of measurement consistent?

- *<u>Validity</u>*
  - Does the assessment measure what it is designed to measure?

- *<u>Standardization</u>*
  - Does this device meet the standards to be used consistently across different measurements?

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Different Forms of Assessment

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Clinical Interview

- Information is gathered by the professional to make a _____ _____:

  - Current and past _____
  - Attitudes and emotions
  - Social and interpersonal history
  - Presenting problem
  - _____

- Organized as the *mental status exam*

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Mental Status Exam

- A _____ _____

- Used by clinicians to determine whether or not a psychological disorder _____ be present.

- Most people do this everyday...including you ☺

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What are some things you observe when you meet someone for the first time?

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Mental status exams cover five general areas:

1. Appearance and behavior
   - Overt physical behaviors, appearance, body language, facial expression

   ▣ Posture, motor activity, eye contact, attitude towards the examiner, grooming and hygiene

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2. Thought Processes
   - Are thoughts linear and organized?
   - Are thoughts flighty and disorganized?
   - Are there delusions/hallucinations present?
   - Do they demonstrate insight?
   - Reasoning/judgment?

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Assessing Thought Processes

▣ Looseness of association (irrelevance)

▣ Flight of ideas (_____)

▣ Word salad (nonsensical responses)

▣ Clanging (rhyming words)

▣ _____ (limited content)

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Mental Status

3. _Mood and affect:_
- _Mood_ is the _____
  - Depressed," "anxious," "good," and "tired
  - Does the person appear "down" or elated?

- _Affect_ refers to the feelings or _____
  _____
  - Is it "appropriate"? You feel sad...you look sad.
  - Euthymic (_____), blunted (minimal variation), and _____ (no variation).

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Mental Status

4. Intellectual functioning:
- _____
  are used to help determine level of intellectual functioning

  - Repeat these 3 words: 'pen,' 'chair,' 'flag'
  - The "serial 7s"
  - Abstracts and metaphors
  - Proverbs

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Mental Status

5. _Sensorium_ refers to our _____
  _____

- Clinicians assess a person's _orientation_ to time, place and person.

- "Is the person oriented times 3?"
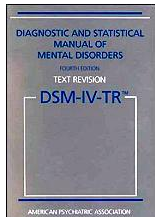
  - _____
  - _____
  - Who are you?

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Diagnosing Psychological Disorders

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How are disorders diagnosed?

- The *DSM IV* (APA, 2000) is the most widely used classification system currently used to make a diagnosis.

_____

DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS
FOURTH EDITION
TEXT REVISION
DSM-IV-TR™

AMERICAN PSYCHIATRIC ASSOCIATION

This is a manual that contains a listing of psychiatric disorders and diagnostic codes

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DSM IV

- Each disorder is defined by a set of diagnostic criteria and text containing information about the disorder.

  - prevalence
  - familial patterns
  - age
  - culture
  - differential diagnosis

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The DSM is

_____

_____

No information about treatment
or *etiology* is included.

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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 *Psychodynamic Approach*

- There was no sharp distinction between "normal and abnormal"

  - All disorders were considered reactions to the environment.

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DSM

- In 1980, the Psychodynamic view was abandoned and a medical model became the primary approach.

  - Changes were made to the diagnostic system based _____ _____

- Research that was comprised of field trials examined the *reliability* and *validity* of definitions and criteria, as well as creating new diagnoses (Wildiger et al., 1998).

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DSM IV

- New disorders were introduced and other deleted in the *DSM IV*.

- Example- in the *DSM-II*, _____ was listed as a psychological disorder, but was removed by the APA in 1973.

- The *DSM-V* is in progress (2010-2012)

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This is a "multi-axial" system of classification.

- Axis 1
  - Disorders of childhood, mood disorders, substance-related disorders, schizophrenia, Anxiety disorders etc...

- Axis 2- _____

- Axis 3- _____and disorders

- Axis 4- _____

- Axis 5- (GAF)Global Assessment of Functioning

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Is this system perfect?

- One criticism of the DSM IV is the notion of *comorbidity,* the _____ in an individual at the same time.

- Some criticize this categorical system because it can lead to _____

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Next class...

- Anxiety Disorders

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