How are Psychological Disorders Diagnosed?

Chapter 3- Classifying Abnormality: Diagnosis, Assessment, and Research

1

Class Objectives

⊡ Historical Perspectives

⊡ What is Clinical Assessment and why is it used?

⊡ What assessment methods do professionals use?

⊡ How are psychological disorders diagnosed?

2

"In Order to Understand the Future it is necessary to know and understand the past"

Psychopathology in a historical Context

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Where did it all begin?

Abnormal behavior and psychological disorders have been documented for thousands of years.

Although many early "treatments" are now recognized as cruel and ineffective, they were considered state-of-the-art for their times.

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Treatment was influenced by the social perception of mental illness

Very early in history (500-700 A.D) the problem was based on the medical model

- disorders may have natural causes and should be treated as a disease

PAVPERIBVS GRATIS Fig. VI

Later in history (500-1700 A.D) due to the influence of the church witchcraft and demonic possession were common explanations for mental illness.

1700-1900 A.D

People with psychological disorders or "madmen" were seen as dangerous animals who
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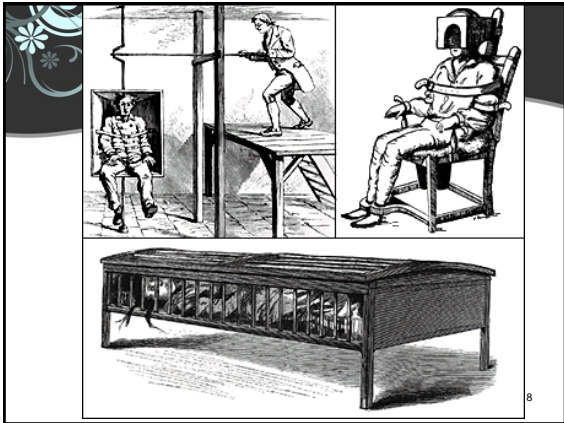
These are some of the "treatments" that were used to _____
_____ .

Since mental illness was not seen at this time as a medical condition, the treatments did nothing to
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Mental Health Reform

The unfortunate results of the Mental Hygiene Movement:

- _____
  _____

- _____
  _____

Until the 1970's, most people with mental illness were warehoused in psychiatric institutions. The conditions in most psychiatric hospitals were terrible and often inhumane.

These conditions contributed to the

11

Deinstitutionalization

This federal policy shifted treatment from

_____
_____
_____

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Did it work as promised?

- Deinstitutionalization has been criticized for _____ _____ .

- Accounting for a very large percentage of the _____
  - 1/3 of homeless adults suffer from severe psychological disorders (NIH, 2003).

- The community mental health movement has had many successes, but continue to remain _____ 13

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Assessment

How are psychological disorders evaluated?

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What is Clinical Assessment?

- *Clinical assessment* is a systematic evaluation and measurement that measures:

  - Psychological
  - _____
  - Social factors

- in a person who _____
_____ 15

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Clinical Assessment

- Only after _____ 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

_____
_____
_____

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

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Classification promotes Universal standards

- Classification is the core of scientific study, which allows
  _____
  _____

- Classification facilitates research on etiology and treatments of disorders, including best practices.

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

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___

There is much debate on the classification of mental disorders

Some feel that diagnosis of psychological disorders do more harm than good, fail to truly address the individual's problem and _____

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___

What makes an assessment method valuable?

- *Reliability*:
  - _____,
    measurement, or category system
  - Is the degree of measurement consistent?
- *Validity*
  - _____,
    measurement, or category system
  - Does the assessment measure what it is designed to measure?

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Clinical Interview

Information is gathered by the professional by

_____

- Current and past behavior
- Attitudes and emotions
- Social and interpersonal history
- Presenting problem
- Orientation

Clinical Description

A *presenting problem* typically refers to the specific problem that brought the person in for help.

_____

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What's the Presenting Problem?

Patricia was referred to the crisis center for suicidal thoughts and suicide attempt which followed an argument with her boyfriend. Patricia ingested a bottle of prescription pain medication and drank small amounts of a household cleaning product. Patricia was once hospitalized for major depression and suicidal statements.

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What was the presenting problem?

_____
_____

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Clinicians are interested in:

- _____ - pattern of the disorder in time
  - Described as either chronic, episodic, or time-limited

- *Prevalence*- _____ the population with a disorder

- *Incidence*- The _____ of a disorder in a certain time period, usually per year

- _____ - future development

- *Etiology* - _____ of the disorder

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Mental Status Exam

- A systematic observation of a person's behavior
  - _____

- Used by clinicians to determine whether or not a psychological disorder may 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

2. _____
   - Are thoughts linear and organized?
   - Are there delusions/hallucinations present?

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Assessing Thought Processes

- Looseness of association (irrelevance)
- Flight of ideas (rapid change of topics)
- Word salad (nonsensical responses)
- Clanging (rhyming words)
- Poverty (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?

- _____ refers to the feelings or outward show of emotions
  - Is it "appropriate"? You feel sad...you look sad.
  - Euthymic (normal), blunted (minimal variation), and flat affect (no variation). 31

Mental Status

4. Intellectual functioning:
- Vocabulary and memory testing 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. _____ refers to our general awareness to our surroundings.

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

- "Is the person oriented times 3?"
  - _____
  - _____
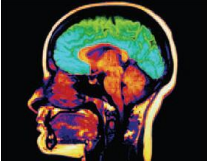
Other Forms of Assessment

Cognitive Tests

Biological Tests

Projective Tests

Standardized Tests

There are literally hundreds of *standardized tests* clinicians can use for assessment purposes.

- 1. Symptom and personality questionnaires
- 2. Projective Tests
- 3. Cognitive Tests
- 4. Biological Tests

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Symptom and Personality Questionnaires

Tests _____
or personality traits based on clients' responses to structured questions

_____

- Beck Depression Inventory-II (BDI-II)
- Minnesota Multiphasic Personality Inventory-2 (MMPI-2)

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TABLE 3.9 Sample Items and Instructions from the Beck Depression Inventory-II (BDI-II)

Date: _____

Name: _____   Birth Date: _____

On this questionnaire are groups of statements. Please read each group of statements carefully. Then pick out the one statement in each group which best describes the way you have been feeling the PAST WEEK, INCLUDING TODAY. Circle the number beside the statement you picked. If several statements in the group seem to apply equally well, circle each one. Be sure to read all the statements in each group before making your choice.

Item 1.   Sadness
0   I do not feel sad.
1   I feel sad much of the time.
2   I am sad all the time.
3   I am so sad or unhappy that I can't stand it.

Item 2.   Pessimism
0   I am not discouraged about my future.
1   I feel more discouraged about my future than I used to be.
2   I do not expect things to work out for me.
3   I feel my future is hopeless and will only get worse.

■ Advantages:
- _____
  _____

■ Limitations:
- Standardized tools sacrifice flexibility in the collection of information

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Projective Tests

Individual's _____
reveal information about emotional and mental functioning

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Advantages:
- These assess client's deeper, and less easily observable emotion and personality patterns by providing a psychological understanding of clients.

Limitations:
- _____
  _____

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Biological Tests

Tests that are used to _____

_____ few are currently useful in assessing mental disorders

Brain imaging and scanning:
- **Computerized axial tomography (CAT)**
- **Positron Emission Tomography (PET)**
- **Functional MRI (FMRI)**
- **Brain Dissection/Autopsy**
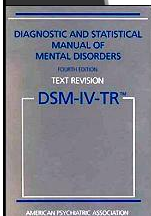- Physiological Tests

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Diagnosing Psychological Disorders

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How are disorders diagnosed?

The _____ (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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_____
_____

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 _____

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

_____
_____
_____

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DSM III

- In 1980, the Psychodynamic view was abandoned and _____.

  - Changes were made to the diagnostic system based on scientific data, not consensus of experts.

- This DSM 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
The current standard

- New disorders were introduced and other deleted in the _DSM IV_.

- Example- in the _DSM-II_, homosexuality 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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