Assessment

How are psychological disorders evaluated?

Chapter 3 Assessment

Class Objectives

What is Clinical Assessment and why is it used?

What assessment methods do professionals use?

How are psychological disorders diagnosed?

What is Clinical Assessment?

Clinical assessment is a systematic evaluation and measurement that measures:

- Psychological
- 
- 

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Clinical Assessment

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

This is the process of determining

The diagnosis of a psychological disorder represents a way of classifying

Why is it important to have a process for assessing and diagnosing people?
Classification promotes Universal standards

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

Classification facilitates __________________________________________________________________________

To be diagnosed with a psychological disorder very ____________________________________________

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 create dehumanizing labels

What is Assessment?

Assessment is a procedure in which a clinician evaluates a person in terms of the psychological, social, and physical factors that have the most influence on a person's functioning
Clinical Interview

Information is gathered by the professional by talking with the client

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

Clinical Description

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

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.
What was the presenting problem?

Clinicians are interested in:

- **Course**: Described as either chronic, episodic, or time-limited
- **Incidence**: Number of people the population with a disorder
- **Prognosis**: Future development
- **Etiology**: 

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

Mental status exams cover five general areas:

1. Overt physical behaviors, appearance, body language, facial expression

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

Mental Status

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
  - Euthymic (normal), blunted (minimal variation), and flat affect (no variation).
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

5. Sensorium refers to our ____________________________
   ____________________________
   ____________________________

   Clinicians assess a person’s orientation to time, place and person.
   “Is the person oriented times 3?”
   ____________________________
   ____________________________
   ____________________________

Psychological Testing

Cognitive Tests

Biological Tests

Projective Tests
What makes a psychological test good?

Validity:
- The ______________________ or measurement
  - Does the assessment measure what it is designed to measure?

Reliability:
- The ______________________ measurement, or category system

If someone who is 200 pounds steps on a scale 10 times and gets readings of 15, 250, 95, 140, etc., the scale is not reliable. If the scale consistently reads '150', then it is reliable, but not valid.

If it reads '200' each time, then the measurement is both reliable and valid.

Standardized Tests

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

- 1. Intelligence Testing
- 2. Personality and Diagnostic Testing
- 3. Behavioral Assessment
- 4. Biological Tests
- 5. Environmental Assessment
- 6. Multicultural Assessment
Personality and Diagnostic Testing

Self-Report Clinical Inventories:

These responses yield information of psychological symptoms and personality profiles

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

Advantages:

Limitations:
- Standardized tools sacrifice

Projective Tests

Individual's reveal information about emotional and mental functioning
Advantages:
- These assess client’s deeper, and less easily observable emotion and personality patterns by providing a psychological understanding of clients.

Limitations:
- 

Physiological Tests
- Tests few are currently useful in assessing mental disorders
  - Brain imaging and scanning:
    - Electroencephalogram (EEG)
    - Computerized axial tomography (CAT)
    - Positron Emission Tomography (PET)
    - Functional MRI (FMRI)
    - Brain Dissection/Autopsy
    - Physiological Tests

Next Class

How are Disorders Diagnosed?