Assessment

How are psychological disorders evaluated?

Chapter 3 Assessment

1

Class Objectives

▣ What is Clinical Assessment and why is it used?

▣ What assessment methods do professionals use?

▣ How are psychological disorders diagnosed?

2

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 _____
_____

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

Clinical Description

☐ A *presenting problem* typically refers to

_____
_____
_____

☐ "Why are you here today?"

5

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. 6

What was the presenting problem?

_____

_____

7

Clinicians are interested in:

- *Course* - pattern of the disorder in time
  - _____

- *Prevalence* - _____
  the population with a disorder

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

- *Prognosis* - future development

- *Etiology* - _____

8

Mental Status Exam

- A systematic observation of a person's behavior
  - Structured Interview

- Used by clinicians to determine whether or not a
  psychological disorder <u>may</u> be present.

- Most people do this everyday…including you ☺

9

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

10

Mental status exams cover five general areas:

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

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

11

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

12

Assess the Mood and Affect

When asked how she is feeling today
the client replies, "Great!"

13

Assess the Mood and Affect

When asked how she is feeling today the
client replies, "Fine."

14

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

15

Mental Status

5. _Sensorium_ refers to _____

_____

▣ Clinicians assess a person's _____ to time, place and person.

▣ "Is the person oriented times 3?"
   - What year is it?
   - Where are you?
   - Who are you?

Psychological Testing

Cognitive Tests   Biological Tests   Projective Tests

What makes a psychological test good?

▣ _Validity:_
   - _____
      - Does the assessment measure what it is designed to measure?

▣ _Reliability_
   - The _____,
     measurement, or category system

18

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.
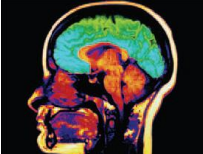
If it reads "200" each time, then the measurement is both reliable and valid.[19]

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

[20]

Personality and Diagnostic Testing

Self –Report Clinical Inventories:

- _____
  _____

These responses yield standardized measures of psychological symptoms and personality profiles

- Beck Depression Inventory-II (BDI-II)
- Minnesota Multiphasic Personality Inventory-2 (MMPI-2) [21]

2/7/2011

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

23

Projective Tests

Individual's interpretations of ambiguous stimuli reveal information about emotional and mental functioning 24

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

Limitations:
- These are difficult to standardize to _____ _____
25

Physiological Tests

Tests that are used to _____ _____ 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

26

Diagnosing Psychological Disorders

Chapter 2
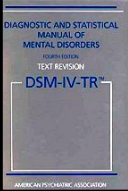Classification and Treatment Plans

27

How are disorders diagnosed?

- The *DSM IV* (APA, 2000) is the most widely
_____
_____

- (Diagnostic and Statistical Manual 4th ed.)

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

28

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

29

The DSM is descriptive, not explanatory.

_____

_____

_____

30

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 loosely defined and caused by unconscious emotional conflict. The reliability of these systems was poor.

31

DSM III

_____

_____

- 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).

32

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)

33

DSM IV is a "multi-axial" system of classification.

- Axis 1 –_____
  - Mood disorders, Schizophrenia, Anxiety disorders etc…

- Axis 2- Personality Disorders/Mental Retardation
  - _____
    _____

- Axis 3- Physical conditions and disorders

- Axis 4-_____

- Axis 5- (GAF)Global Assessment of Functioning

What's the BEST Diagnosis?

- After reviewing all of the symptoms presented by the cline the clinician makes a diagnosis.

- It is important to rule our other possible diagnoses before giving a final diagnosis

  - *Differential Diagnosis* refers to all of the diagnostic _____
    _____
    35

Assigning Rank

- When clinicians give multiple diagnoses they typically consider one to be the *Principle Diagnosis*

  - _____
    _____
    _____

    36

Is this system perfect?

- One criticism of the DSM IV is the notion of _comorbidity,_ the _____
_____
_____

- Some criticize this categorical system because it can lead to labeling.

37

Treatment Planning

- Once a diagnosis has been assigned a treatment plan is developed which is designed to provide the most appropriate treatment for the client.

  - First the clinician deals with the crisis, then handles problems in the near future and finally issues that require extensive work well into the future.

38

Treatment Sites

- Treatment sites vary in the degree to which they provide a controlled environment and in the nature of the services they provide.

  - Psychiatric hospitals
  - Outpatient Treatment Centers
  - Halfway Houses and Day Treatment Centers

39

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

40

Next class...

Anxiety Disorders

41