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 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?”

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**: pattern of the disorder in time
- **Prevalence**: the population with a disorder
- **Incidence**: the number of occurrences of a disorder in a certain time period, usually per year
- **Prognosis**: future development
- **Etiology**: ________________

**Mental Status Exam**

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

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

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

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).
Assess the Mood and Affect

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

Assess the Mood and Affect

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

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
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?

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**Psychological Testing**

- Cognitive Tests
- Biological Tests
- Projective Tests

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**What makes a psychological test good?**

- **Validity:**
  - 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.

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**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

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**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)
Advantages:

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Limitations:

- Standardized tools sacrifice flexibility in the collection of information

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Projective Tests

Individual's interpretations of ambiguous stimuli 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:
- These are difficult to standardize to ________________________________

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

Diagnosing Psychological Disorders

Chapter 2
Classification and Treatment Plans
How are disorders diagnosed?

The DSM IV (APA, 2000) is the most widely used manual that contains a listing of psychiatric disorders and diagnostic codes.

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

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

The DSM is descriptive, not explanatory.
History of the DSM

- The first edition of the DSM was published in 1952 and contained about 80 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.

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).

DSM IV

- 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)
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 clinician, the clinician makes a diagnosis.
- It is important to rule out other possible diagnoses before giving a final diagnosis.
  - Differential Diagnosis refers to all of the diagnostic considerations.

**Assigning Rank**

- When clinicians give multiple diagnoses, they typically consider one to be the Principle Diagnosis.
One criticism of the DSM IV is the notion of **comorbidity**, the ____________

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

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**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.

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**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
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

Next class...

- Anxiety Disorders