Assessment and Classification

Assessing Psychological Disorders

- Purposes of Clinical Assessment
  - Understand
  - Predict
  - Treatment planning
  - Treatment outcome
- Analogous to a Funnel
Assessment Concepts

Value of assessment depends on:

Reliability
- The degree to which a measurement is consistent

Validity
- The degree to which a technique measures what it is designed to measure

Standardization
- Application of certain standards to ensure consistency across different measurements

Today is the first day of the the rest of your life
The Clinical Interview and Physical Exam

- Clinical Interview
  - Most common clinical assessment method
  - Structured or semi-structured
- Physical Exam

The Clinical Interview

- Purpose: Understanding
- Mental Status Exam
  - Appearance and behavior
  - Thought processes
  - Mood and affect
  - Intellectual functioning
  - Sensorium
Mental Status Exam

<table>
<thead>
<tr>
<th>Mental status exam</th>
<th>Frank</th>
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<tbody>
<tr>
<td>1. Appearance and behavior</td>
<td>• Persistent twitch</td>
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<td>• Overt behavior</td>
<td>• Appearance appropriate</td>
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<tr>
<td>• Asthenia</td>
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<tr>
<td>• Appearance, posture, expressions</td>
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<td>2. Thought processes</td>
<td>• Flow and content of speech reasonable</td>
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<td>• Rate of speech</td>
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<td>• Continuity of speech</td>
<td></td>
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<td>• Content of speech</td>
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<td>3. Mood and affect</td>
<td>• Aroused mood</td>
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<td>• Predominant feeling state of the individual</td>
<td>• Affect appropriate</td>
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<tr>
<td>• Feeling state accompanying what individual says</td>
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<td>4. Intellectual functioning</td>
<td>• Intelligence within normal limits</td>
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<td>• Type of vocabulary</td>
<td></td>
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<tr>
<td>• Use of abstractions and metaphors</td>
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<td>5. Sensoryum</td>
<td>• Oriented times three</td>
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<tr>
<td>• Awareness of surroundings in terms of person (self and clinician), time, and place—“oriented times three”</td>
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Components of the mental status exam

Psychological Testing and Projective Tests

- Projective Tests
- Objective Tests
- Objective Intelligence Tests
Neuropsychological Testing

- Neuropsychological Tests
  - Assess broad range of abilities
    - *My Soup Lacks Many Hot Peas*
  - To understand brain-behavior relations
  - Not used routinely

Classification and Diagnosis

- Categorical Approach
  - If X, then Y; If not X, then not Y

- Dimensional approach
  - How much of X?

- Prototypical approach
  - How much of X does it take for Y?
Prototypical Approach

- Excessive anxiety and worry for 6 mos.
- Uncontrollable
- Easily fatigued
- Poor concentration
- Muscle tension

- Excessive anxiety and worry for 6 mos.
- Uncontrollable
- Restlessness
- Irritable
- Muscle tension
- Insomnia

Both diagnosed with Generalized Anxiety Disorder

The DSM-IV

- Basic Characteristics
  - Five axes
  - Clear inclusion and exclusion criteria
  - Categorized
  - Empirically grounded
The DSM-IV

- The Five DSM-IV Axes
  - Axis I – Most major disorders
  - Axis II – Stable, enduring problems
  - Axis III – Medical conditions
  - Axis IV – Psychosocial problems
  - Axis V – Global Assessment of Functioning

The DSM-IV

- Example:
  - Axis I: 300.30 Obsessive-compulsive disorder
            296.22 Major depressive disorder
  - Axis II: 301.7 Antisocial personality disorder
  - Axis III: None
  - Axis IV: Recent divorce, unemployment
  - Axis V: GAF = 55, Moderate symptoms (flat affect, unable to keep a job)
Unresolved Issues in the DSM-IV

- The Problem of Comorbidity
  - Simultaneous Disorders
  - Very common
  - Validity of separate diagnoses?
- Reification
- Labeling issues and stigmatization (all classification systems)

Reification

- Professionals' reification of the diagnosis of schizophrenia was oppressive because it subjugated my humanity such that everything I did was interpreted as part of psychiatric disability. It was as if professionals, and later friends, family, teachers and others, put on a pair of warped glasses and began to view all of my behavior through the lens of disability. ...For instance, I have always been a quiet, contemplative type of person. Even as a kid I had this lovely quality of being drawn to contemplate nature and the world around me. However, once diagnosed with schizophrenia, these same qualities were interpreted through the lens of disability. Once diagnosed with schizophrenia, I was not a quiet and contemplative kid anymore. Instead, rehabilitation staff would write in their notes that I was guarded, suspicious and aloof.
Summary

- Clinical Assessment and Diagnosis
  - Obtain complete understanding of the client
  - Aid in understanding and ameliorating human suffering
  - Requires reliable, valid, and standardized information

- Dangers of Diagnosis
  - Problem of reification
  - Problem of stigmatization