

Diagnosing Mental Illness

8-14-2012

In people who were excluded

Assessment techniques

DM-ID

SF-36 and other scales

A.M.B.E.R. clinic

**Albuquerque Multidisciplinary Behavioral
Evaluation for Recovery and Resiliency**

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Mental Health

- **World Health Organization:**
 - a state of well-being in which the individual realizes his or her own abilities,
 - can cope with the normal stresses of life,
 - can work productively and fruitfully, and
 - is able to make a contribution to his or her community
- **Also:** expression of emotions; successful adaptation to a range of demands.
- **Global Mental Health:** area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide.

Background

- **Mid-19th century: William Sweetzer: “mental hygiene”**
- **Dorothea Dix (1802-1887): mental hygiene movement to protect people suffering mental illness; resulted in more people sent to facilities that ended up overwhelmed.**
- **First outpatient mental health clinic in USA opened early 20th c.**

Mental Illness

- **Disease or disorder of the brain or psyche producing symptoms of organic or non-organic origin (disordered thinking, feeling, or behavior) and needing diagnosis and treatment when it is severe enough.**

(Ayd, 1995)

- **A psychological pattern, potentially reflected in behavior, that is generally associated with distress or disability.** (Wikipedia, download 8-10-12)
- **Dichotomous versus continuous spectrum: health**
←→ illness/disorder

Classification Systems

- **International Classification of Diseases (ICD-10)**
- **Diagnostic and Statistical Manual of Mental Disorders (DSM-IV TR) (DM-ID)**
- **Vernacular, cultural**
- **Purpose:**
 - **Communication**
 - **Treatment**
 - **Outcomes**
 - **Labeling, distancing**

Exclusions

- **Intellectual Disability**
- **Brain Injury**
- **Developmental period (xpt childhood d/o)**
- **Known Medical Condition, e.g.**
 - **Endocrine (thyroid, DM)**
 - **Dementia**
- **Medication/toxic effect, e.g.**
 - **Drugs of abuse**
 - **Solvents**

Challenge of EBP

- **Conceptually, should stick to protocol**
- **Diagnostic criteria should have validity, reproducibility, onset, duration, symptom clusters, inclusion/exclusion, mitigating factors**
- **When do not meet letter of criteria – why adapt?**
 - **Mental illness happens co-morbidly**
 - **Treatments are available**

Adaptation

- **Review criteria**
- **Describe and notate symptoms of concern**
- **Meet severity and duration**
- **Identify markers of improvement**

Change from baseline

- **After brain injury**
- **Personality**
- **Sensation: kinesthetic processing problems;**
- **Cognition**
- **Mood / affect lability**
- **Sleep**

Assessment

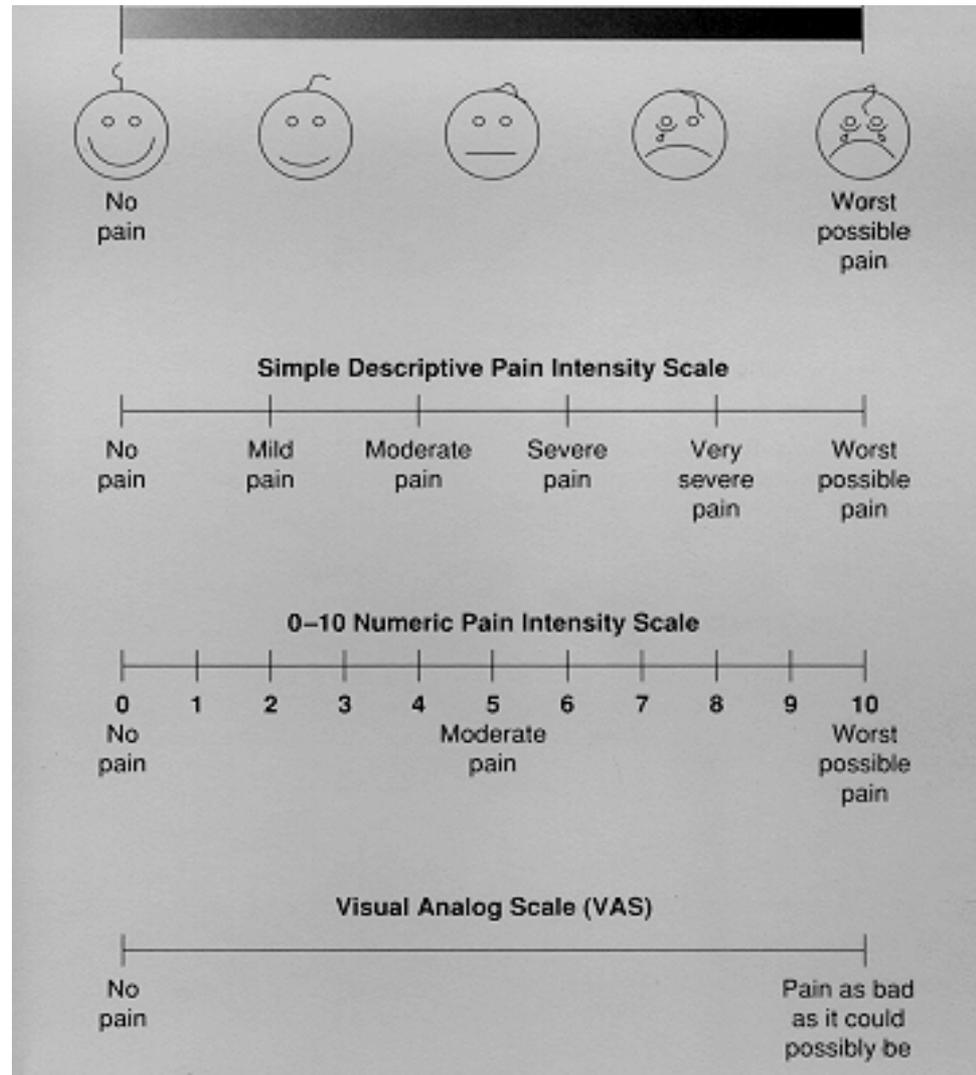
- **Observations**
 - Flexibility in following interview
 - Quality of responses
 - Movement in waiting area, hallway, exam room; gross motor and fine motor
- **Patient self report**
 - Practice making a record
 - Pin to dates/seasons
- **Second reporter information**
 - Written, oral

Measurement

- **Activities of daily living**
- **Energy, initiation, maintenance**
- **Organization**
- **General health: SF-36**

http://www.rand.org/health/surveys_tools/mos/mos_core_36item_survey.html

Pain measurement



Measurement

- **Depression**
 - **> 2 weeks; vegetative symptoms**
 - **Not bereavement**
 - **Adapt for sleep disorders, physical conditions, chronic pain**
- **Anxiety**
 - **People with I/DD higher rate of being abused**
 - **Degree of social exploration**

Chronic illness

- **Coping with chronic conditions does not require condoning dependence**
- **Monitor for all aspects of function**
- **Involve person/guardian in best decision within values**
- **Reconsider treatment; purposes of treatment approach**

Next presentation:

- **8-21-2012**
- **“Dyscontrol and Dysregulation”**
Issues in PTSD, I/DD, and TBI

resources and back issues can be found at Continuum
of Care website:

<http://som.unm.edu/coc/Training/powerpointnew.html>

CME/CEU Info

- Sign-in at:

<http://spreadsheets.google.com/viewform?formkey=dDRrUGh4ZzUwd2tTcUpvTks1OTB3cEE6MQ>.

- Session ID=081412T