Discussion Questions

# Chapter 4: ASSESSMENT AND CLASSIFICATION OF PSYCHOLOGICAL DISORDERS

1. The text mentions how a Cultural Formulation Interview (CFI) increases the validity of assessment. Why is this the case? Provide an example of a situation in which failing to administer a CFI could have detrimental effects on a patient’s diagnosis and/or treatment.

2. Your friend recently shared that they are scheduled for a psychological assessment because they are having increasing academic difficulties. They are worried, anxious, and concerned about the assessment. What would you share with them about the assessment process to alleviate some of their fears? What are some questions you might ask your friend to better understand what they are going through?

3. Discuss how the classification systems for diagnosing helps to inform the treatment process. What are the challenges associated with a having mental illness diagnosis(es)? Be sure to highlight the negative stigma associated with mental illness.

4. In the process of conducting a mental status exam, you determine that the patient has considerable problems with experiencing a range of manic symptoms and impulsivity. Discuss **why you would not** have the patient complete an intelligence or memory test. How might symptoms of mania and impulsivity contribute to an inaccurate assessment of the person’s overall intelligence?