Clinical Characteristics & Issues Surrounding Classification & Diagnosis (usually a 4 marker)

I've highlighted the main words for you, which will get you all 4 marks.

Depression is a mood disorder characterized by sadness. According to the DSM-V, a diagnosis of major depression requires that 5 or more symptoms have to be present during the same 2 week period, and at least one of the symptoms have to be depressed mood or loss of interest and pleasure. There are 4 general groups of symptoms that apply to all:

Try to remember at least 3 examples for each

- **Emotional:** sad, depressed mood, loss of pleasure in usual activities.
- **Behavioural:** social withdrawal, restlessness, loss of energy.
- **Physical:** Insomnia, loss of appetite, tired.
- **Cognitive:** low concentration, low self-esteem, memory loss.

Issues surrounding Classification and Diagnosis.

The highest this could be is a 24 marker, but we have to look at it as two 12 markers 4A01 8A02. I will show you how to set this out.

The problems are validity (1st mark) and reliability (2nd mark). Already got 2 marks. Woop!

A valid diagnosis is whether the diagnosis given was valid (right), or invalid (wrong). For a valid diagnosis, the doctor must be able to distinguish between depression and other disorders, distinguish between depression and different forms of depression (2 marks)

Reliability is how consistent a diagnosis is across similar cases and different clinicians, which just means that if the same doctor is presented with the same symptoms, do they give the same diagnosis. Reliability cannot be established as it is based on the doctor’s opinion. Fully explained, whether or not 2 independent doctors which give the same diagnosis when presented with the same symptoms, this is called inter-rater reliability. Beck et al found a 54% inter-rater reliability between two psychiatrists, which meant that only on 54% of the cases, the 2 psychiatrists agreed. (3 marks)

All 8 marks. Hit the nae nae because you’ve aced your A01. Right. Now we have our knowledge marks, we need our evaluation.

Tip: never shorten words (e.g IRR for inter-rater reliability) in your exam because you have to imagine that you are explaining this to a 10 year old. The examiner is a 10 year old. Yes. No. you know what I mean. Anyway, back to A02.

Possible reasons for the invalid diagnosis of depression include comorbid diagnoses. Depression can occur alongside another mental disorder such as an eating disorder. There is a tradition in psychiatry, which is to treat the condition which came first. However, establishing which one came first can be difficult, so it’s important to just treat both conditions. (2/3 marks)

You will either get 2 or 3 marks for this reason. It depends on how much of a tool your examiner is. Just remember to always have an example if you can, it shows that you understand it.

Another possible reason is the role of psychoactive drugs, such as alcohol. There is a chance that depression can occur as a secondary symptom to the use of psychoactive drugs. For example, alcohol is a depressant which slows down the rate of the brain. If enough alcohol is drunk over a period of time, it becomes hard to separate the effects of depression and alcoholism. What complicates this more is that some people use psychoactive drugs as self-medication to mask