

# Assessment of Anxiety and Depression

Dr Derek Lee

Consultant Clinical Psychologist



# We assess to....

[i]

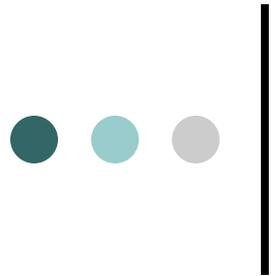
- Identify the difficulties presented by the client
- Develop a formulation of these difficulties within a biopsychosocial model
- Ascertain if client is in the appropriate service



# We assess to....

[ii]

- Develop appropriate care plans
- Identify and manage risk
- Monitor progress and outcomes



# A good assessment tool should be...

- Valid [i.e. measure what it says on the tin]
- Reliable
- Easy to administer
- Easy to score and interpret
- Sensitive to change over time



The use of self-rating scales helps to ensure that we...

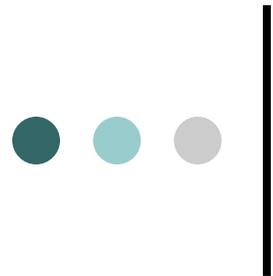
[i]

- Have a measure of how clients rate and view their difficulties
- Have data we can compare with published norms and with other clients using our services
- Have an objective basis on which to match clients to services

● ● ● | The use of self-rating scales  
helps to ensure that we...

[ii]

- Have a means by which we can monitor progress and outcomes
- Reduce the risk of overlooking important aspects of the client's presentation
- Can identify goals and key points for intervention



# We assess anxiety and depression because....

[i]

- They are common mental health problems in their own right
- They often occur together, with either being primary
- They occur with other mental health problems, including psychoses



# We assess anxiety and depression because...

[ii]

- They can be important signs of relapse in psychosis
- They are distressing conditions
- There can be risks of self-harm and suicide
- They are potentially treatable



# Difficulties in assessment can arise because....

[i]

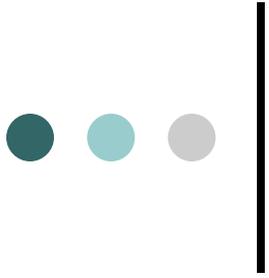
- The symptoms of anxiety and depression overlap to a significant degree
- Assessment tools may measure a central core of distress
- Anxiety and depression can be part of a complex constellation of mental health problems



# Difficulties in assessment can arise because....

[ii]

- Clients may exhibit response biases that maximise or minimise their symptoms
- Assessment tools are not sensitive to the temporal and functional relationships between symptoms



Therefore it is important to  
remember that tools are just  
that....



## ...tools to enhance our practice:

- They can never be a substitute for good clinical interviewing skills
- A good assessment will always use data from other sources such as direct observation and family members