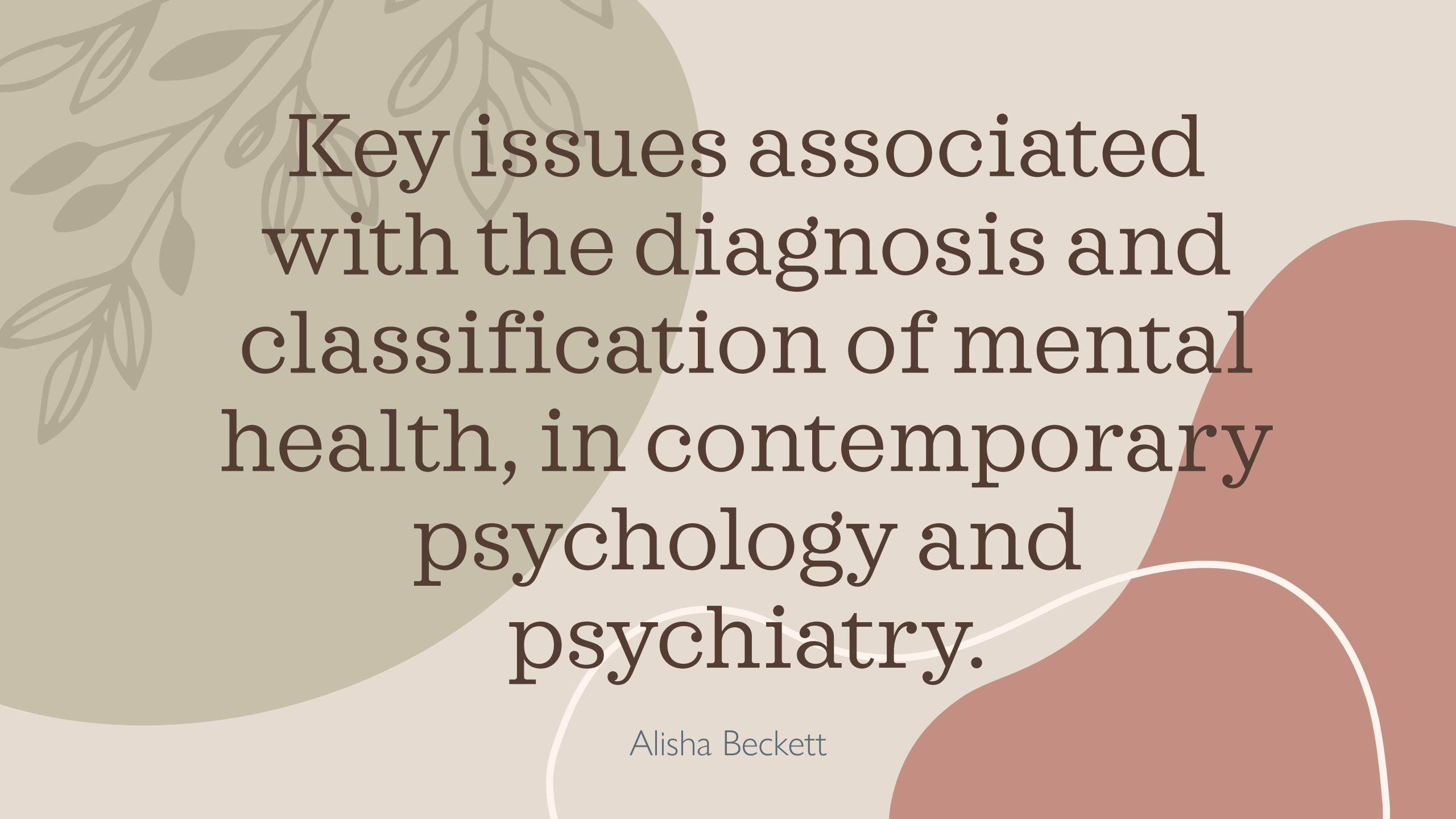




Key issues associated
with the diagnosis and
classification of mental
health, in contemporary
psychology and
psychiatry.

Alisha Beckett



What is diagnosis?

Diagnosis is the one of the stages that someone with an underlying mental health condition experiences, if they choose to seek help. (NAMI,2022).

A mental health diagnoses is more difficult to obtain than a physical illness/condition diagnosis would be. (NAMI,2022).

Although diagnosis has been proven to be beneficial, not everyone suffering from a mental health condition chooses to seek treatment. (Oswalt B S et al,2020).



Is diagnosis in
mental health
gender biased?

Men VS Women
In the diagnosis of mental health.
UK statistics 2014-2019

Women

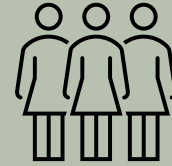
26%

Of women between the ages of 16-24 endure a common mental health issue the same as men, however it is **9%** for males. Which is a significant difference. (MHF,2022).

DIAGNOSIS HAS NO AGE



DIAGNOSIS IS NOT GENDER SPECIFIC



29%

Of women receive treatment for a mental health illness.

It is more common for women to be diagnosed with anxiety, depression, eating disorder and dementia.

Men VS Women
In the diagnosis of mental health
UK statistics 2014-2019

Men

9%

Of men between the ages of 16-24 endure a common mental health issue the same as women, however it is **26%** for women. Which is a significant difference. (MHF, 2022)

There is more stigma regarding men with mental health illnesses than it is for a woman.

DIAGNOSIS

Men are less likely to receive a accurate diagnosis for a mental health illness. (Jaqueline B,2022).

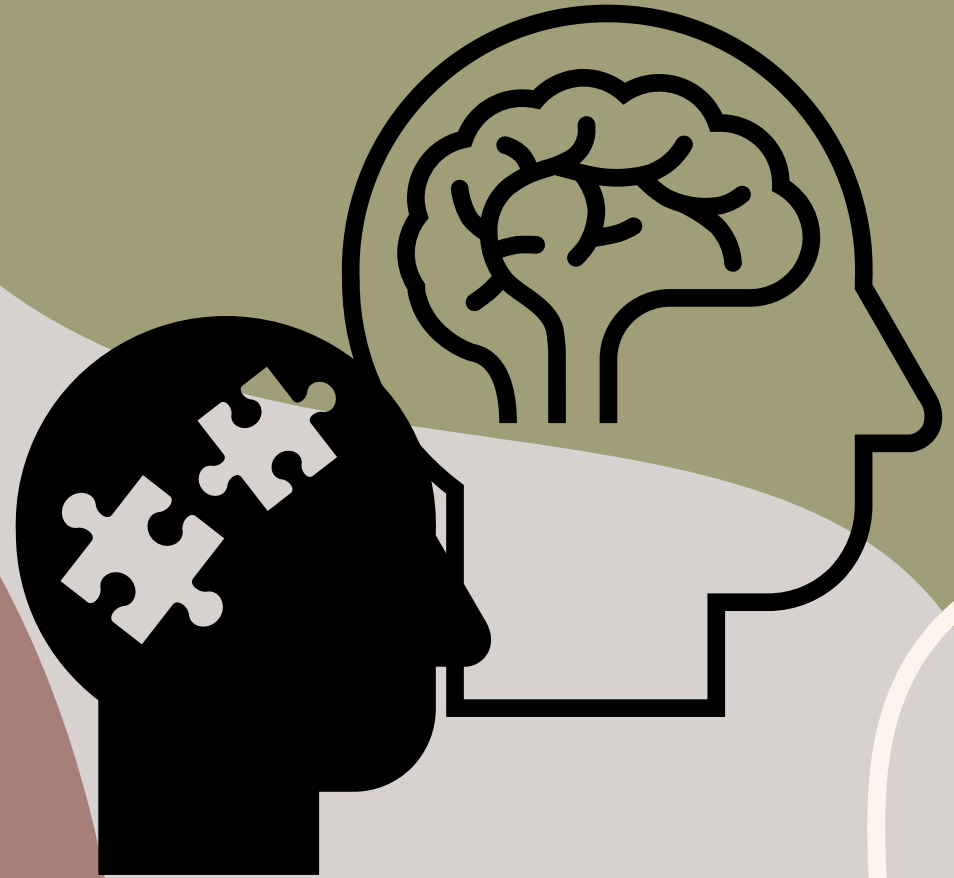
45-49 YEARS OLD

Is the age range for the most completed suicides for men.
(Jaqueline B,2022).



**MEN ARE MOST COMMONLY
DIAGNOSED WITH PTSD
AND ADDICTION.
(JAQUELINE B,2022).**

When is a mental
health illness
deemed as severe
enough for a
diagnosis?



Severity of mental health illness leading to a diagnosis.

Health professionals such as doctors and psychiatrists, decide a mental health illness is severe enough for diagnosis, on the grounds that it is affecting the patient's quality of life.

It is expected that an individual will experience significant disturbances to their personal feelings, thoughts and beliefs. Aswell as the disturbances themselves, the disturbances must also show dysfunction in these categories; development, biological or psychological. (Dumper K et al, 2021).





In conclusion

In conclusion, a diagnosis is a very important element in the pathway of a patient receiving treatment for their mental health illness. A diagnosis allows this person to have an understanding of what they are experiencing.

It allows doors to open for the patient in order to receive treatment that will work best for them and their mental health problem. This is because there are so many treatments in the form of medication and therapies and different mental health illnesses respond better to certain medications and/or therapies than perhaps say another one would. (Major B et al).

Remember...

Mental illness does not have an age, race,
gender or ability.

It can affect anyone at any point of their life.



If someone you know or yourself are
suffering from a mental health problem.
Please give Samaritans a call on
116 123 or alternatively, you can chat to a
Samaritan online via [Samaritans.org](https://www.samaritans.org)



Thank you

Any questions?

Key issues associated with the diagnosis and classification of mental health, in contemporary psychology and psychiatry.

What is diagnosis

Diagnosis is one of the stages that someone with an underlying mental health condition experiences, if they choose to seek help. Diagnosis is beneficial to those with a mental health problem, as collecting a diagnosis opens a pathway for the individual to be able to either manage or overcome their mental health condition with the use of medication and/or therapies. (NAMI,2022).

A mental health diagnosis is more difficult to obtain than a physical illness/condition would be. This is because there are no physical tests that a doctor or health professional can provide someone with, who is suffering from a mental health condition. This means that in order to give someone a clear diagnosis, a doctor would carry out a physical examination to rule anything physical out. They will also discuss the patient's symptoms to see which category of mental health best fits the description and monitor this individual over a period. This unfortunately means that someone suffering from a mental health condition will evidently be waiting longer to receive a diagnosis for the problem they are experiencing which will also delay treatment. (NAMI,2022).

Although diagnosis has been proven to be beneficial, not everyone suffering from a mental health condition chooses to seek treatment. This can be from several different factors, some of which are the stigma around mental health, denial that they have mental health, or they might not care enough about their personal wellbeing in order to seek care for themselves. (Oswalt,2020).

Is mental health diagnosis gender biased

Women

26% of women between the ages of 16-24 endure a common mental health issue the same as men, however it is 9% for males. Which is a significant difference. These statistics were obtained from a report created by the mental health foundation in the year 2018. This report was done for all records across the UK, most of them were found amongst England and Wales. (MHF 2020).

Across the UK, 29% of women receive treatment for a mental health illness. Mental health illnesses are not gender specific, however from research it is evident that there are certain mental health illnesses that are more common in one gender over the other. For example, studies have found that women are more likely to experience depression, anxiety, eating disorders and dementia through the course of their lifetime. However, studies have also shown that women can present symptoms differently to men. For example, a woman presenting symptoms of depression may portray sadness and withdrawal from social situations. However, a man experiencing a depression can display the symptoms with anger, irritability. (Jaqueline B,2022).

Men

9% of men across the UK are reported of being diagnosed with a mental health illness. This number is significantly lower than women. A lot of men are mis diagnosed or under diagnosed with the severity of a mental health illness. This is because men show symptoms of mental illness that are not the typical symptoms, even though they could be suffering the same way a woman would. (Jaqueline B,2022).

When is mental health severe enough for a diagnosis

Health professionals such as doctors and psychiatrists, decide a mental health illness is severe enough for diagnosis, on the grounds that it is severely affecting the patient's quality of life. It is expected that an individual will experience significant disturbances to their personal feelings, thoughts and beliefs. As well as the disturbances themselves, the disturbances must also show dysfunction in these categories; development, biological or psychological. (Dumpe K et al, 2021).

Reference list

Dumpe K et al (2021). *Diagnosing and classifying Psychological disorders*. Accessed on 25/10/2022. (Available at: [12.2 Diagnosing & Classifying Psychological Disorders – Introductory Psychology \(wsu.edu\)](#)).

In order to give an accurate diagnosis, the health professional will follow the DSM-5-TR. The DSM-5-TR includes criteria that needs to be met by observing and monitoring the patient, for a mental health diagnosis to be made. The DSM-5-TR is the most recent diagnostic and statistical manual, it was published in 2022. The DSM-5-TR is very specific with the criteria that needs to be met in order to receive a diagnosis, some of the things it covers is symptoms, how long the illness been going on for. (Dumper et al, 2021).

Remember

In conclusion, a diagnosis is a very important element in the pathway of a patient receiving treatment for their mental health illness. A diagnosis allows this person to understand what they are experiencing. It allows doors to open for the patient in order to receive treatment that will work best for them and their mental health problem. This is because there are so many treatments in the form of medication and therapies and different mental health illnesses respond better to certain medications and/or therapies than perhaps say another one would. Diagnosis is mental health is crucial in order for the patient to seek further help if it was what they wished as treatment can help to manage and control mental health conditions and in the broader picture, through therapy a patient may also learn where this mental health illness has stemmed from, whether that is environmental factors before birth/post birth, brain chemistry or biological factors. (Major B et al).

Gurpinder - How can diagnosis help?

Suggested content for your PowerPoint:

Introduction:

Alisha What is diagnosis?
Anna Why do we have it? Omega
Nick What model is diagnosis based upon? E.g. the Biomedical model and Psychiatry.
Elle Which tools are used in the diagnostic process? E.g. DSM5 and ICD10. You need to focus on DSM5.

Main body:

Elle Briefly outline what DSM5/ICD10 are and how they have developed over the years.
Anna For example, the work of Rosenhan and colleagues demonstrated how unreliable Psychiatric diagnosis can be. One person could summarise and explain Rosenhan's study.
Mos Rosenhan's work was part of the anti-psychiatry movement which argued against the use of such stringent measures for diagnosis and the use of medication based on the biomedical model.
Gurpinder
Nick In the past, individuals were given medication and hospitalised, sometimes treated inhumanely. You could provide examples of this.
Elle Today, we have DSM5 which has developed to hopefully provide a more accurate and consistent diagnosis, but psychology aims to address the shortfall of Psychiatry by using treatments such as CBT and psychological therapies rather than just drugs, which tend to mask the actual causes of mental illness.
Some points you could include:
Elle Issues of validity/reliability in diagnosis. In other words, would different psychiatrists give the same diagnosis as each other and would diagnosis change over time?
Nick Issues of Cultural bias – we judge everything by Western standards – what about other cultures?
Alisha Issues of Gender bias – are women treated differently in diagnosis compared to men? sexism. *evidence to support*
Omega Sick role/expert role – the self fulfilling prophecy, accepting the diagnostic label and living up to it.
Alisha Diagnosis should not be an 'all or nothing' process; there are varying degrees of mental illness, from mild to severe. At what point do we decide what is severe enough for a diagnosis to be made?
Omega In order to improve diagnosis, Psychology incorporates the Biopsychosocial Model during Psychological Case Formulation, in an attempt to improve both diagnosis and treatment.

Gurpinder - strengths & weaknesses of diagnosis

Conclusion:

Simple: a summary of your key points and an overall concluding statement.

Each need to add to the conclusion.

- *Elle* regarding DSM5
- *Anna* re: Rosenhan
- *Gurpinder* re: meds, strengths + weaknesses of diagnosis.
- *Nick* re: inhumanely treated for MH issues/psychiatry.
- *Omega* re: why we have diagnosis/labels
- *Alisha* re: what is diagnosis, are women treated differently?

All of us should have something for the introduction, main body & conclusion.

AND reference list.

Reference list

Dumper K et al (2021). *Diagnosing and classifying Psychological disorders*. Accessed on 25/10/2022. (Available at: [12.2 Diagnosing & Classifying Psychological Disorders – Introductory Psychology \(wsu.edu\)](#)).

Jaqueline B (2022). *Exploring gender bias in mental health diagnosis*. Accessed on 24/10/2022. (Available at: [Exploring Gender Bias in Mental Health Diagnosis - Healthgist](#)).

Major B et al. *The oxford handbook of stigma, discrimination and health*. 2017. 1st edition. Oxford university press.

MHF (2022). *Men and women statistics*. Accessed 24/10/2022. (Available at: [Men and women: statistics | Mental Health Foundation](#)).

NAMI (2022). *Understanding your diagnosis*. Accessed on 24/10/2022. (Available at: [Your Diagnosis | NAMI: National Alliance on Mental Illness](#)).

Oswalt B S ,et al (2020). ‘Trends in college students mental health diagnoses and utilization of services, 2009–2015’. *Taylor and Francis*, VOL 68, page 45-47.