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Abnormal Psychology
PSY342OA
February 5, 2023
Unit One/Chapter Three

19. A classification system such as the DSM-5 is judged by its reliability and validity.

Define and discuss both reliability and validity and why they are important criteria for DSM-5.

The DSM-5 is a manual used by clinicians to effectively diagnosis mental health disorders. The DSM-5 is known for its reliability and validity, reliability based on the number of clinicians that agree with the effectiveness of the diagnosis. The validity of the DSM-5 is based on its accuracy of the way the assessment was measured. Both reliability and validity are important because in order to effectively diagnosis the clinicians need a manual that provides accurate information based on the different diagnosis.

20. What are the weaknesses is assessment? What can be done to address these weaknesses? Be sure to address reliability, validity, and bias issues.

There are three weaknesses that should be considered during an assessment that consist of making sure that they are reliable, valid and free from any biases in order to properly diagnosis the client. The things that can be done to address these weaknesses beginning with reliability is by making sure the assessment is consistent. The next one is validity, which is based on the accuracy of the way the assessment is measured. The last one would be biases; the therapist must approach the assessment with a clear mind with no biases based on their client

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21. If a clinician had only 15 minutes to conduct a preliminary clinical interview, what information should he or she try to get, and why?

If a clinician only had 15 minutes to conduct a preliminary clinical interview, I believe that the best approach would be a structured and published interview approach. Comer (2016) mentions that, "In a structured interview, clinicians ask prepared-mostly specific-questions. Sometimes they use a published interview schedule-a standard set of questions designed for all interviewers" (p. 80). This interview approach would be beneficial to help assist the clinician with asking the right questions within a short period of time, based on the client's concerns. This structured interview will result in the clinician having all the information that is pertinent to effectively assessing the client, in addition to properly diagnosing and providing proper treatment.

34. Watch the video "Cognitive and Behavioral Therapy" below and then answer the following questions: Do you think that all learned behaviors can be unlearned? Describe exposure therapy and how it is useful in overcoming anxiety and fears. What differentiates CBT from the other types of therapy currently in use?

After watching the Cognitive and Behavior Therapy video, I do believe that learned behaviors can be unlearned. I also believe that it may be challenging to unlearn a behavior based on one's age, and the determining factor based on the level of commitment and time that one puts into unlearning their behaviors. Exposure therapy is a treatment that is used to overcome anxiety and fears. This form of treatment can be effective because it is designed for them to face their fears in increments, until the fear or anxiety begins to subside and eventually goes away. What differentiates CBT from other types of therapy is that Cognitive Behavior Therapy is only designed to undo learned behaviors, other forms of therapy like biological are based on a chemical imbalance and applying unlearned behaviors will not be effective to treating this form of therapy – because it is based on the functionality of the brain.

References

Comer, J. & Comer R.J. (2016). *Fundamentals of abnormal psychology (9th Ed.)*. New York: Worth Publishers.