Clinical Assessment, Diagnosis, and Guidance for people with mental health difficulties

1. What is the clinical assessment and diagnostic service?

The clinical assessment and diagnostic service is an informational intervention for people with mental health difficulties. The purpose of this service is to provide the best possible clinical assessment, to identify the individual needs of each patient and to provide an initial and also a very thorough diagnostic examination. It also aims to educate the patient about the diagnostic process and its findings. Its ultimate purpose is to operate as a precursor of the patient's therapy. The program was developed at the University of London, Institute of Psychiatry, King's College London by Dr. Yanni Malliaris and his colleagues.

2. What does it offer?

• Clinical assessment of the person's present mental health condition.
• Clinical assessment of the person's mental health needs.
• Systematic recording (documentation) of the person's mental health history.
• Psychometric assessment of the person's present condition and mental health history.
• Diagnosis with the use of validated psychometric tools and structured interviews.
• Education and guidance about the person's diagnosis and their clinical needs.
• Referral to the most appropriate specialist therapeutic program offered by BipolarLab or by an external professional/mental health center that specialises in whatever therapy will be most suited to the clinical needs of the patient.
• Continuous monitoring of the clinical condition (status) and the course of the patient's therapy (see   Prodromos-Monitoring).

The clinical assessment and diagnosis service enables people with mental health difficulties to make a systematic assessment of their mental status and to become educated about their diagnosis (if any) and their therapeutic choices. The results of the program can be also useful to other health professionals with whom the patient works and of course, for the patient's relatives who often wish for a more thorough and comprehensive update. The use of the results, as well as their dissemination to third parties (relatives, professionals) is always a private matter and is entirely the patient's choice. BipolarLab will never divulge any information to third parties without the patient's consent.

3. What it cannot do?

The clinical assessment and diagnostic service cannot resolve immediate practical problems, or can it provide therapy. It is the first and most important step for subsequent effective therapeutic interventions. Also, it works better when the patient is not in a crisis/episode.

4. How it works?

The clinical assessment and diagnostic service is completed in three stages lasting 10-15 hours. It make take place over the internet or locally in our day care centre Dimiourgia in Rafina, Greece. In special circumstances we may make arrangements to conduct our assessment programme in the patient's home anywhere in the world.

 Clinical assessment and diagnosis programme summary

1st Stage: Introduction (acquaintance) and Clinical Assessment (2 hours)

1st assessment: Introduction and First Clinical Assessment with the patient (1 hour)
2nd assessment: Introduction and Second Clinical Assessment with a family member or a close friend of the patient (1 hour)* (optional upon consent of the patient)

2nd Stage: Psychometric Assessment and Diagnosis (9 hours)

3rd assessment: Assessment of the present mental state with validated psychometric tools (1.5 hours)
4th assessment: Assessment of the clinical history and the personality with validated psychometric tools (1.5 hours)
5th assessment: Assessment of the present mental state and history with validated structured clinical interviews (2 hours)
6th assessment: Assessment of the clinical history and personality with validated structured clinical interviews

7th assessment: Assessment of childhood and developmental history with validated structured interview and psychometric tools (2 hours)
8th assessment: Assessment of life events and psychosocial context with validated structured interview and psychometric tools (2 hours)

3rd Stage: Psycheducation, Guidance & Therapy formulation (2 hours)

9th assessment: Education about the results of the assessments and the patient's clinical needs (1 hour)
10th assessment: Guidance about the best possible therapeutic solutions and therapy formulation (1 hour)

Get started here!