

**ANSWER BOOKLET**  
**LIVRET DE RÉPONSES**  
**CUADERNILLO DE RESPUESTAS**



International Baccalaureate  
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**4 PAGES / PÁGINAS**

At the start of each answer to a question, write the question number in the box. / Avant de répondre à une question, veuillez écrire le numéro de la question que vous allez traiter dans la case prévue à cet effet. / Al comienzo de cada respuesta, escriba el número de pregunta en la casilla.



Example  
 Exemple  
 Ejemplo

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Example  
 Exemple  
 Ejemplo

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The validity and reliability of a diagnosis are essential in providing the most effective treatment that would help and target a client's mental disorder. The validity of a diagnosis refers to the extent at which two professionals are able to arrive at the same diagnosis of the mental disorder of a client. The reliability of a diagnosis, meanwhile, refers to the accuracy of a diagnosis — the extent to which the symptoms of a mental disorder portrayed in a client is reflective of that of stated in a classification system. The studies of Rosenhan et al and Rieger et al further discuss the validity and reliability of a diagnosis.

Rosenhan et al was a field study that aimed to investigate whether medical staff are able to distinguish patients with a mental disorder to those who don't. Eight mentally health subjects attempted to be admitted to a mental hospital. In an interview, they complained of voices that said, "hollow", "empty" and "thud". Once admitted, the pseudo-patients would then stop showing symptoms of a mental disorder and behave normally. They would then tell the staff that they no longer felt as if they had a mental disorder and would like to be released from the hospital. During the duration that the pseudo-patients were in the hospital, they were tasked to secretly write down their observations. Seven out of the eight subjects were successful in getting admitted into the hospital, all diagnosed with schizophrenia. The normal behaviour of the pseudo-patients were often misinterpreted as symptoms of a disorder and they were largely ignored by the staff of the hospital. It took an average of 19 days for the subjects to be released, ranging from seven to fifty-two days. Once discharged, they were all diagnosed with "schizophrenia in remission". It can be concluded from the study that the

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medical staff are unable to provide a valid and reliable diagnosis, resulting in an ineffective treatment. Additionally, the ignorant treatment of the staff could have been a reflection of the effects of labelling — once an individual is diagnosed with a disorder, it becomes their identity and how they are perceived. Therefore, this study is able to place emphasis on the validity and reliability of a diagnosis and its importance. How an individual is diagnosed affects the treatment they are given and the overall improvement of their mental health.

Reiger et al was a meta-analysis conducted in order to investigate and determine the reliability of the DSM-5, a classification system, in comparison to its previous versions. Reviews of several studies concerning twenty-three diagnostic categories in the DSM-5 was done. The analysis showed that more than half showed a moderate to strong reliability. However, it was also found that six were in the weak range, while three were in the unacceptable range.

This study was able to conclude that the DSM-5 has improved greatly in terms of accurately representing the symptoms of a mental disorder as a classification system. However, the accuracy does indeed vary in the diagnostic categories reviewed. Therefore, it can be seen from this study diagnosis based on a classification system has progressed in validity and reliability which can result in better and more effective treatments of a client. However, some diagnoses can still be made with ~~an~~ an unacceptable to weak reliability, affecting the improvement of a client's mental well-being negatively.

In conclusion, with reference to the studies of Rohenhan et al and Reiger et al, the validity and reliability of a diagnosis is discussed as the extent to which it is ~~the~~ consistent and accurate. The importance of the validity and reliability lies in the effectiveness of a treatment for a client's disorder and how it would affect them — whether positively or negatively. Though the consistency and the accuracy of diagnoses have ~~been~~ greatly progressed in time, there is still much improvement to be done.

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Prosocial behaviour involves a more positive outlook on an individual's life, experiences and the people around them. ~~A prosocial behaviour~~ Mindfulness is a practice of prosocial behaviour, encouraging awareness of one's surroundings and thinking more of others than one's self — empathy. Promoting such behaviour, especially at a younger age, may affect the relationships of an individual and their overall well-being.

one study done at a school, in grade levels of younger individuals, aimed to investigate the teaching of a mindfulness-loving kindness curriculum and its effect on students. The field study involved two groups — those who experienced the kindness curriculum and a control group that did not. The kindness curriculum taught mindfulness through literature, music and the ~~such~~ in thirty-minute sessions that occurred twice a week. It was found that those who underwent a mindfulness-loving kindness curriculum experienced a more positive impact than those who didn't. The study successfully portrayed that the promotion of prosocial behaviour benefits the well-being of students and their relationships.

One strength of this study is its ecological validity wherein its results can be generalized to other situations. ~~This~~ This indicates that the mindfulness-loving kindness curriculum can be taught in classroom settings. Another strength would be that of allocating students into a control or experimental group, allowing an effective means of comparison of results. ~~Therefore~~ Therefore, a cause-and-effect inference can be made wherein the teaching a mindfulness-loving kindness curriculum can directly affect a student's well-being. However, a limitation of this study is its lack of internal validity, where confounding variables aren't controlled. The family situations and backgrounds are not the same for all students wherein outside experiences may affect their prosocial behaviour. Another limitation of the study would be that it is not longitudinal wherein the impacts of the mindfulness-loving curriculum are not observed long-term. The kindness curriculum is unable to show if it is indeed effective even when the student grows older.

Another study ~~that~~ investigates the promotion of prosocial