

Dual diagnosis in mental health and the assessment and treatment for people with intellectual disabilities

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Book Review

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Matson, J. L. (Ed.). (2020). *Handbook of dual diagnosis. Assessment and treatment in persons with intellectual disorders*. Springer Nature. [ISBN 978-3—030-46834-7; eBook \$169.00]. 698 pages.

Assessment and treatment for people with intellectual disabilities (ID) is often complex. Due to the challenging nature of issues associated with the ID population, a multidisciplinary approach is followed for assessment and intervention. Compare to the non-ID population, people with ID suffer from a higher comorbidity of mental health problems. Since, processing skills and cognitive abilities are affected in people with ID; they have difficulties in verbally expressing their feelings and mental health symptoms. In such situations, it becomes difficult for the professionals to identify, measure the severity, and offer interventions for mental health issues in this population.

Recently, a research-based book on the dual diagnosis was published in the continuation of Autism and Child Psychopathology Series. Johnny L. Matson is a well-respected scholar in the field of intellectual disability and autism and has edited this book. The book comprises 38 chapters, which 113 authors from around the world have contributed to.

Regarding dual diagnosis in mental health, this book offers several chapters on common mental health concerns that coexist in the ID population. The chapters discussing the assessment and treatment for anxiety, depression, severe psychopathology, self-injurious behaviors, and non-compliance are the focus of this book review.

The same six authors contribute to chapter 13 on anxiety assessment and chapter 27 on its treatment in dual diagnosis. Chapter 13 provides research based information for the assessment and four assessment approaches of anxiety in children, adolescents, and adults with ID. In addition, it describes assessment challenges, provides information on 13 screening tools of four categories including rating scales, behavioural interviews, behavioural observations, and physiological measures. Chapter 27 covers behavioural, cognitive, and psychopharmacological interventions used for the treatment of anxiety.

Chapter 14, written by two authors, summarises research in the assessment of depression in people with ID. Information on the constructs of depression, prevalence rates, and patterns of symptoms presentations in ID are provided. It also includes scales used for the diagnosis described with their strengths and weaknesses. Chapter 28 authored by five professionals, provides information on cognitive behavioural, psychosocial, and psychopharmacological interventions in depression in relation to different developmental age groups. Chapter 15 contributed to by four authors, provides research based profiles of severe psychopathology in the ID population and discusses assessment approaches. Screening tests are also discussed. Chapter 29, compiled by three authors, provides information on dual diagnosis, treatment, and progress monitoring scales for severe mental disorders including bipolar, schizophrenia, and catatonia.

Chapter 21, compiled by four authors, deals with the assessment of self-injurious, rituals, and stereotyped

behaviours in the ID population. It discusses functional behaviour analysis and direct and indirect methods of assessment. Chapter 34, written by three authors, provides detailed information on behaviour modification techniques in managing self-injurious behaviours. The role of protective equipment, medication, and important considerations for practitioners are also discussed. The incidence of non-compliance in the ID population is very high and difficult to assess. Chapter 24, authored by four scholars, provides examples of non-compliance problems and recom-

mends intervention strategies. Chapter 37, written by two authors, describes the use of behaviour modification strategies in managing non-compliance behaviours in the ID population.

Overall, this book can be very useful for professionals who are involved in dual diagnosis and in the assessment and treatment of minor and serious mental health problems including self-injurious and non-compliance behaviours in people with ID of all ages.

Key words: intellectual disability, mental health, dual diagnosis

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