

## Appendix 1

# Assessment tools

Assessment is a key aspect of planning appropriate care for people with dual diagnosis. As the nature and manifestation of mental illness in people with learning disabilities is a complex process, the assessment process can be enhanced by the use of standardised measures. Some of the key assessment tools that are applicable to people with dual diagnosis are described below.

### Screening tools

#### *The Psychopathology Instrument for Mentally Retarded Adults (PIMRA)*

The Psychopathology Instrument for Mentally Retarded Adults (PIMRA) developed by Matson (1988) is a rating scale that can be completed quickly by third-party informants and interviewers with psychiatric training and by self-report. This scale based on DSM-III classification has 56 items organised into eight separate scales allowing for assessment of the absence of psychopathology as well as seven specific disorders defined in accordance with DSM-III: schizophrenia, depression, somatoform disorders, psychosexual disorders, adjustment disorders, anxiety disorders and personality problems.

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