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Clinical Interview

- B.A. Part – 3
- Psychology Hons.
- Paper-7 (Clinical Psychology)



What is clinical interview

- The clinical interview is foundational to psychological or mental health treatment. It involves a professional relationship between a mental health provider and a patient or client and is used across all major mental health treatment disciplines. Although defined differently by different authors, the clinical interview includes an informed consent process and has as its primary goals (a) initiation of a therapeutic alliance, (b) assessment or diagnostic data collection, (c) case formulation, and/or (d) implementation of a psychological intervention.



Cont..

- It is a conversation between a psychologist and client that is intended to help the psychologist diagnose and treat the patient. . It is a one-on-one interview session whereby the medical expert attempts to understand the patient's mind by posing various questions and observing the reactions.



Types...

- **STRUCTURED INTERVIEW –**
- All respondents are asked the same questions with the same wording and the same sequence.
- Interviewees are free to answer as they wish.
- A questionnaire with open- ended questions of a lesser degree of standardization.



Cont..

- **UNSTRUCTURED INTERVIEW-**
- Neither the content nor the form of questions is predetermined.
- The timing of interview should be determined by the respondent.
- The interviewer raises the topics, encourages the respondent to elucidate further and leads them back to the main point.



Cont..

- **SEMI- STRUCTURED INTERVIEW –**
- The interviewer normally has a list of questions, which serves as a set of guidelines.
- The interviewer is free to develop any themes arising during the interview.
- Flexibility within a predetermined scheme.



Advantages-

- Deep and free response
- Flexible, adaptable
- Glimpse into respondent's tone, gestures
- Clarify misunderstandings about questions



Limitations

- Costly in time and personnel
- Requires skill
- Personal bias
- The Halo effect
- Stereotyping