

Assessment and Diagnosis in Addiction Counseling

Ade Hilman Maulana¹, Aldian Yusup², Fitrianiingsih³

Universitas Islam Negeri Siber Syekh Nurjati Cirebon, Indonesia ^{1,3}

Institut Prima Bangsa, Indonesia ²

Email: adehilman120403@gmail.com

Kata kunci:

Konseling Adiksi,
Assessment dan
Diagnosis, Konteks
Budaya.

ABSTRAK

Adiksi merupakan permasalahan kesehatan mental yang kompleks dengan dampak psikologis, sosial, dan budaya yang signifikan, khususnya di negara berkembang seperti Indonesia. Proses assessment dan diagnosis menjadi komponen penting dalam konseling adiksi karena sangat menentukan efektivitas intervensi dan program rehabilitasi. Penelitian ini bertujuan untuk mengkaji peran assessment dan diagnosis dalam konseling adiksi serta mengevaluasi relevansinya dalam konteks sosial-budaya Indonesia. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan studi pustaka (library research) melalui analisis artikel jurnal bereputasi, buku, pedoman resmi, dan laporan yang berkaitan dengan konseling adiksi, asesmen, dan diagnosis. Data dianalisis menggunakan teknik analisis isi untuk mengidentifikasi tema-tema utama, pola, serta kesenjangan dalam literatur. Hasil kajian menunjukkan bahwa metode assessment yang komprehensif, seperti wawancara, tes psikologis, asesmen perilaku, dan self-monitoring, berperan penting dalam memahami kondisi klien secara holistik. Namun demikian, masih ditemukan tantangan dalam mengadaptasi kerangka diagnosis internasional seperti DSM-5 dan ICD-11 agar sesuai dengan nilai budaya dan realitas sosial masyarakat Indonesia. Oleh karena itu, diperlukan pendekatan assessment dan diagnosis yang lebih kontekstual dan sensitif terhadap budaya guna meningkatkan efektivitas layanan konseling adiksi di Indonesia.

ABSTRACT

Addiction has become a complex mental health issue with significant psychological, social, and cultural implications, particularly in developing countries such as Indonesia. Accurate assessment and diagnosis are essential components of addiction counseling, as they determine the effectiveness of intervention and rehabilitation programs. This study aims to examine the role of assessment and diagnostic processes in addiction counseling and to evaluate their relevance within the Indonesian socio-cultural context. The research employs a qualitative method using a library research approach by analyzing peer-reviewed journal articles, books, official guidelines, and reports related to addiction counseling, assessment, and diagnosis. Data were analyzed through content analysis to identify key themes, patterns, and gaps in existing literature. The findings indicate that comprehensive assessment methods—such as interviews, psychological testing, behavioral assessment, and self-monitoring—play a critical role in understanding clients' conditions holistically. However, the study also reveals challenges in adapting international diagnostic frameworks, such as the DSM-5 and ICD-11, to local cultural values and social realities. This study concludes that culturally sensitive and contextually relevant assessment and diagnostic approaches are urgently needed to enhance the effectiveness of addiction counseling services in Indonesia.

Keywords:

Addiction Counseling,
Assessment and
Diagnosis, Cultural
Context.



INTRODUCTION

Addiction has become one of the most challenging mental health problems in the modern era. It not only affects individuals who experience it but also has significant impacts on families, communities, and health care systems. According to the 2022 report of the Indonesian National Narcotics Board (Badan Narkotika Nasional [BNN]), the prevalence of drug abuse in Indonesia reached 1.95% of the total productive-age population, resulting in substantial socio-economic consequences (BNN, 2022). In addition, behavioral addictions, such as gambling, social media, and online gaming addiction, have increased rapidly in recent years, particularly among younger generations (Sari & Wijaya, 2020). This phenomenon indicates that addiction is not merely a clinical issue but also a complex social and psychological problem.

The process of assessment and diagnosis constitutes a crucial initial stage in addiction counseling. Assessment aims to obtain a comprehensive understanding of the client's condition, including psychological, social, and biological factors that influence addictive behavior. Diagnosis, in turn, serves as the foundation for designing appropriate intervention strategies. However, in Indonesia, diagnostic tools and methods are often adapted from international frameworks such as the DSM-5 and ICD-11, which are not always fully aligned with the local cultural context (Setiawan, 2021). This situation may reduce the accuracy of assessment processes and potentially affect the effectiveness of interventions.

Previous studies have provided important insights into various aspects of addiction. For instance, Rahmawati (2021) found that the success of addiction counseling is highly dependent on the accuracy of the initial diagnosis. Meanwhile, Handayani (2020) emphasized the importance of a multidisciplinary approach in understanding the factors that influence addictive behavior. Nevertheless, much of the existing research still focuses on clinical or pharmacological approaches, with limited attention given to psychosocial perspectives that are more relevant to the Indonesian context. Furthermore, there is a growing need to develop more comprehensive assessment tools that integrate psychological and social dimensions in order to produce more accurate diagnoses (Sari & Wijaya, 2020).

The urgency of this study lies in the increasing demand for addiction counseling services that are not solely oriented toward clinical treatment but also toward a deeper understanding of psychological and social aspects. As addiction cases become more complex, counselors require practical guidelines and tools to support effective assessment and diagnosis. This is particularly important in the Indonesian context, which is characterized by cultural diversity, norms, and values that influence perceptions of and responses to addiction.

This study has several main objectives. First, it aims to explore the methods and tools used in the assessment and diagnosis of addiction in Indonesia. Second, it seeks to evaluate the relevance of current diagnostic approaches within the Indonesian socio-cultural context. Third, it intends to provide practical recommendations for counselors in working with clients who experience addiction.

The expected benefits of this study are both academic and practical. Academically, it contributes to the literature on addiction counseling, particularly in Indonesia, by highlighting the

importance of more contextualized approaches. Practically, the findings may serve as a guide for counselors, psychologists, and other mental health professionals in designing more effective and relevant interventions. Ultimately, this study is expected to help improve the quality of addiction counseling services in Indonesia and to support national efforts to address addiction in a more integrated manner.

METHOD

This study employs a qualitative research method using a library research approach. Qualitative research was selected to explore and gain an in-depth understanding of phenomena related to the assessment and diagnosis processes in addiction counseling through the analysis of relevant literature. The library research approach involves reviewing and analyzing scholarly works, including journal articles, books, reports, and other relevant documents, to provide a comprehensive understanding of the research topic.

Data Sources

The data sources in this study are derived from secondary materials, including:

1. Peer-reviewed journal articles, particularly those indexed in reputable databases such as Scopus, SINTA, and Google Scholar.
2. Books and monographs that discuss addiction counseling, psychological assessment, and diagnosis.
3. Official reports and guidelines from authoritative institutions, such as the American Psychiatric Association (e.g., DSM-5), the World Health Organization (e.g., ICD-11), and Indonesian government agencies, including the National Narcotics Board (BNN) and the Ministry of Health.
4. Grey literature, such as dissertations, conference proceedings, and relevant research reports.

Data Collection Techniques

Data collection was conducted through the following steps:

1. Identifying and selecting relevant literature based on keywords such as assessment in addiction counseling, diagnosis in addiction, qualitative studies on addiction, and cultural adaptation in counseling.
2. Reviewing the abstracts and full texts of articles to determine the relevance and eligibility of the literature to be included in the study.
3. Organizing the selected literature into thematic categories to facilitate analysis and synthesis.

Data Analysis Techniques

The collected data were analyzed using content analysis, which included the following stages:

1. Categorizing information into key themes, such as the importance of assessment in addiction counseling, diagnostic tools used, cultural influences, and contextual challenges in Indonesia.
2. Comparing and contrasting findings from various sources to identify patterns, differences, and gaps in the literature.
3. Synthesizing the results of the analysis into a cohesive narrative aligned with the research objectives.
4. Drawing conclusions and formulating recommendations based on the integration of theoretical and practical findings from the analyzed data.

This methodological approach is designed to generate a comprehensive understanding of the research topic and to emphasize the importance of cultural and contextual relevance in addiction counseling practice, in line with qualitative research principles (Creswell & Poth, 2018; Miles et al., 2014).

RESULTS AND DISCUSSION

The role of addiction counselors is crucial in supporting drug rehabilitation programs for individuals with substance use disorders. Counselors or facilitators are professionals who possess expertise in conducting counseling and in-depth knowledge of rehabilitation programs. In this context, counselors are also expected to identify appropriate strategies that can be adjusted to existing conditions and to serve as role models in the implementation of rehabilitation programs. Guidance and counseling services are not provided instantaneously; rather, addiction counselors must conduct accurate diagnosis and assessment procedures. Diagnosing the level of addiction among individuals with substance use disorders is inseparable from appropriate assessment methods. Addiction diagnoses can be identified through various instruments, including interviews, psychological tests, questionnaires, self-reports, behavioral measures, and physiological measures. The role of assessment goes beyond mere classification. A well-conducted assessment provides extensive information about a client's personality and cognitive functioning. This information assists clinicians in developing a broader understanding of the client's problems and in recommending appropriate forms of medical and social rehabilitation within rehabilitation programs.

The Role of Counselors in Assessment

Counselors act as facilitators in the assessment process and carry out several key tasks, including:

1. **Building a Trusting Relationship**
Counselors need to create a safe environment so that clients feel comfortable sharing information openly.
2. **Coordination with a Multidisciplinary Team**
In many cases, counselors collaborate with physicians, psychologists, and other professionals to develop comprehensive intervention plans.
3. **Addressing Barriers**

Counselors must be prepared to face challenges such as dishonesty or inconsistency from clients. Active communication strategies and maintaining confidentiality are essential to overcoming these issues.

The Concept of Assessment in Individuals with Substance Use Disorders

The concept of assessment originates from the concept of evaluation. According to Purwanto (2010), “evaluation is a systematic process of determining the extent to which instructional objectives are achieved by pupils.” This definition indicates that evaluation is a process of collecting information and making decisions based on that information. In the process of collecting data, not all information can be used for decision-making. Relevant information aligned with the assessment objectives facilitates effective evaluation.

According to Gladding (2018), assessment is an evaluative process conducted by counselors to understand clients’ problems, needs, and conditions in order to plan appropriate interventions. Similarly, Erford (2019) defines assessment as the process of collecting, organizing, interpreting, integrating, and summarizing data to facilitate clinical understanding of clients and their problems. This aligns with the objectives of counseling research and practice, namely the collection of information that enables counselors to identify problems and understand clients’ situations and problem contexts.

Assessments conducted before, during, and after counseling sessions can provide valuable information for resolving clients’ problems. In practice, assessment can be used as a tool to monitor counseling progress and may also function therapeutically to help address clients’ issues. Assessment serves as a task to measure clients’ capacities or abilities to solve problems. Well-developed assessments are structured and encompass multiple aspects, including cognitive, emotional, and psychomotor abilities, using predetermined and systematically developed indicators.

The need for classifying mental disorders has been evident throughout the history of medicine; however, there remains limited consensus regarding which disorders should be included and the optimal methods for their organization. Numerous classification systems have been developed over the past 2,000 years, differing in their emphasis on phenomenology, etiology, and defining features. Some systems contain only a limited number of diagnostic categories. Moreover, classification systems for mental disorders vary in their definitions depending on their intended use in clinical practice, research, or administrative settings.

Steps in Diagnosis

Interviews

According to Moleong (2009), interviews are conversations conducted by two parties, namely the interviewer, who poses questions, and the interviewee, who provides answers. Benney and Hughes (as cited in Supriyanto, 2017) describe interviews as an art of social interaction—a meeting of “two individuals who interact over a certain period of time based on equal status, regardless of whether this equality truly exists.” Thus, interviews can function both as tools and as

objects of study. In conclusion, interviews are data collection techniques conducted through oral question-and-answer processes, either directly or indirectly, with respondents or clients.

Psychological Tests

Nevid, Rathus, and Greene (2005) explain that psychological tests are structured assessment methods used to evaluate relatively stable traits, such as intelligence and personality. These tests are typically standardized on large samples and provide norms that allow clinicians to compare a client's scores with average scores. By comparing test results from individuals without psychological disorders and those diagnosed with psychological disorders among individuals with substance use disorders, clinicians can gain valuable diagnostic insights.

1. Intelligence Tests

Behavioral assessment of individuals with substance use disorders often includes evaluations of intelligence. Formal intelligence tests are used to assist in diagnosing intellectual disability and to evaluate intellectual impairments that may result from other conditions, such as neurological damage due to acute substance addiction. Intelligence tests provide profiles of clients' intellectual strengths and weaknesses, which help in developing appropriate treatment plans aligned with clients' abilities within drug rehabilitation programs.

2. Self-Report Personality Tests

In self-report personality tests, individuals respond to a series of items concerning their feelings, thoughts, judgments, attitudes, interests, and beliefs. Responses are typically provided in formats such as "yes–no," "true–false," or "agree–disagree." Some self-report personality tests are designed to measure specific traits or constructs, such as anxiety and depression.

Behavioral Assessment

Behavioral assessment uses test results as samples of behavior occurring in specific situations rather than as indicators of underlying personality types or traits. From a behavioral perspective, human behavior is learned and can therefore be modified by manipulating and creating learning conditions. According to the behaviorist viewpoint, all individuals are considered to possess similar positive and negative tendencies. Behavior is primarily determined by situational or environmental factors, such as reinforcement and stimulus cues (Nevid et al., 2005).

Behavioral models have inspired the development of techniques aimed at examining individual behavior in settings that closely resemble real-life situations, thereby maximizing the relationship between test situations and real-world criteria. Techniques commonly used include functional analysis, self-monitoring, and behavioral rating scales. Functional analysis of problematic behavior is examined through behavioral interviews that focus on historical and situational aspects of the behavior. The behavior of individuals with substance use disorders can also be examined using observational methods to link problematic behaviors with stimuli that help maintain them. Direct observation is commonly employed as a key data collection technique in behavioral assessment. Counselors observe clients' behaviors in both clinical and non-clinical settings to identify problematic behaviors within drug rehabilitation programs.

Self-Monitoring

According to Nevid et al. (2005), self-monitoring aims to train clients to record or monitor their own behaviors. The expectation is that clients become aware of and observe their own behaviors. Self-monitoring enables direct measurement of problematic behaviors at the time and place in which they occur. Clients generally become more aware of the frequency of behaviors and their situational contexts. In conclusion, self-monitoring—the capacity to observe, measure, and evaluate one’s own behavior—is an important component of executive functioning in human behavior.

Behavioral Rating Scales

Miltenberger (as cited in Supriyanto, 2017) states that “frequency, duration, and intensity are all physical dimensions of a behavior.” Thus, the underlying aspects of human behavior include frequency, duration, and intensity. Behavioral rating scales are therefore based on these fundamental behavioral dimensions. This is supported by Nevid et al. (2005), who note that behavioral rating scales are checklists that provide information about the frequency, intensity, and range of problematic behaviors. These scales assess specific behaviors rather than personality characteristics, although such behaviors are influenced by underlying personality factors.

CONCLUSION

Assessment and diagnosis are fundamental steps in addiction counseling and play a crucial role in determining the success of interventions. Through the assessment process, counselors are able to gain a comprehensive understanding of clients’ conditions, including the psychological, social, and cultural factors that influence addictive behavior. Accurate diagnosis, in turn, serves as the foundation for designing intervention strategies that are appropriate to clients’ needs. However, within the Indonesian context, challenges remain in adapting international diagnostic tools and methods, such as the DSM-5 and ICD-11, to ensure their relevance to cultural diversity and local values. This literature review highlights that although previous studies have made important contributions to the understanding of addiction, most still emphasize clinical and pharmacological approaches. The need to develop more contextual psychosocial approaches and assessment tools that align with the characteristics of Indonesian society has therefore become increasingly urgent. Consequently, this study concludes that collaborative efforts among academics, practitioners, and policymakers are required to develop guidelines for addiction assessment and diagnosis that are not only scientifically grounded but also sensitive to socio-cultural contexts. The findings of this study are expected to contribute to the advancement of addiction counseling in Indonesia and to enhance the effectiveness of counseling services in supporting clients’ recovery from addiction.

REFERENCES

Badan Narkotika Nasional. (2022). *Laporan nasional survei prevalensi penyalahgunaan narkoba tahun 2022*. Badan Narkotika Nasional Republik Indonesia.

- Creswell, J. W., & Poth, C. N. (2018). *Qualitative inquiry and research design: Choosing among five approaches* (4th ed.). SAGE Publications.
- Erford, B. T. (2019). *40 techniques every counselor should know* (2nd ed.). Pustaka Pelajar.
- Gladding, S. T. (2018). *Counseling: A comprehensive profession* (8th ed.). Pearson Education.
- Handayani, T. (2020). A multidisciplinary approach in addiction counseling: Implications for professional practice. *Jurnal Psikologi Terapan Indonesia*, 8(2), 45–60.
- Kementerian Komunikasi dan Informatika. (2023). *Studi kecanduan digital pada generasi muda: Laporan nasional 2023*. Kementerian Komunikasi dan Informatika Republik Indonesia.
- Miles, M. B., Huberman, A. M., & Saldaña, J. (2014). *Qualitative data analysis: A methods sourcebook* (3rd ed.). SAGE Publications.
- Moleong, L. J. (2009). *Metodologi penelitian kualitatif*. PT Remaja Rosdakarya.
- Nevid, J. S., Rathus, S. A., & Greene, B. (2005). *Abnormal psychology*. Erlangga.
- Purwanto, M. N. (2010). *Prinsip-prinsip dan teknik evaluasi pengajaran*. Remaja Rosdakarya.
- Rahmawati, D. (2021). Analysis of diagnostic accuracy in addiction counseling: A case study of adolescent clients. *Jurnal Konseling dan Psikologi*, 12(3), 85–100.
- Sari, N., & Wijaya, R. (2020). The influence of socio-cultural factors on addiction assessment processes in Indonesia. *Jurnal Psikososial dan Kesehatan Mental*, 9(1), 110–125.
- Setiawan, H. (2021). Challenges and opportunities in addiction diagnosis in Indonesia. *Jurnal Kesehatan Mental dan Perilaku*, 7(4), 40–55.
- Supriyanto, A. (2017). Rehabilitation counseling: Concept, assessment, guidance, and counseling for drug abuse. In *Proceedings of the Guidance and Counseling Seminar* (pp. 19–30).