My name is Rachel Andes, and I am currently a junior at Brigham Young University. I am majoring in Psychology with a minor in Spanish. I expect to graduate in the spring of 2020 and then continue on to graduate school. While taking a class on writing within psychology, I’ve gotten my first experience with research and I am learning how much I really enjoy it. I was led to the topic of my research after listening to family members experiences with mental illness and their experience being treated in primary care. I became curios about the accuracy of diagnosis within the primary care setting and the methods that could be used to increase that accuracy. Writing this paper and doing the research was a learning experience for me. The process of writing this paper was difficult, but I learned how to search out relevant articles. For those looking into doing research I would suggest finding a subject you are passionate about. Having a strong interest your topic makes the steep learning curve becomes easier to navigate.