

# Week One

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## WHAT IS ASSESSMENT?

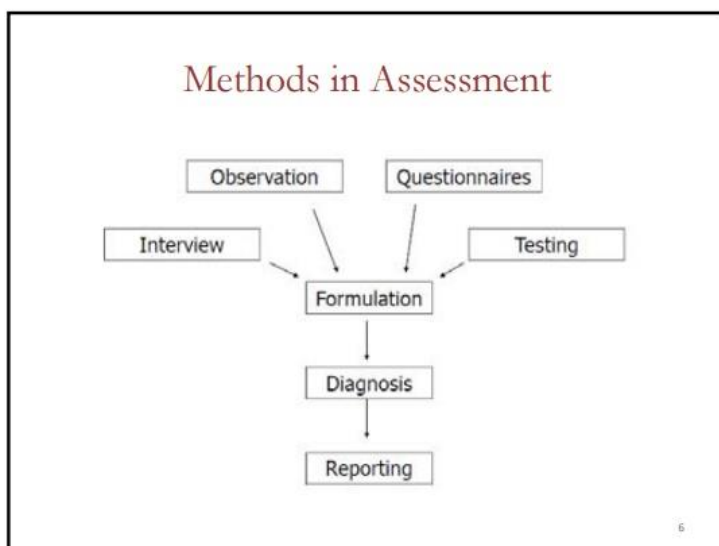
- **Assessment** = the methods used to gain understanding, in order to answer some question. E.g.,
  - Diagnosis: what label should I give this person?
  - Formulation: how does this person's symptoms work?
  - Intervention: how much have I actually helped this person?
- **Limitless range of applications:**
  - Describing someone's cognitive abilities.
  - Assist in planning & designing interventions.
  - Describe relationship between thought, affect and behaviour.

## AREAS OF ASSESSMENT (EXAMPLES!)

- **Intelligence**
- **Behaviour**
- **Emotion**
- Academic Achievement
- Language
- Memory
- Problem Solving
- Motivation
- Personality
- Attitudes
- Coping Styles
- Attribution
- Attachment
- Self-Esteem
- Social Ability

## METHODS IN ASSESSMENT

- Given scope of assessment, many, many methods!
- Sattler (2001) - the four pillars of assessment:
  - Norm-referenced psychological tests (e.g., IQ Tests).
  - Surveys/Questionnaires (self and other).
  - Observation Checklists.
  - Interviews (self and other).
- But! Generally a multi-model & multi-source preferred (Hung, et al., 2013).



## METHODS IN ASSESSMENT

- **Interviews:**
  - Detailed enquiries about largely qualitative data (i.e., Stories!).
  - Multiple sources.
    - Client, parents, family, spouse, other professionals.
- **Norm-Referenced Testing:**
  - Standardised and normed to a given population.
  - Give an objective evaluation of performance, relative to that norm and population.
  - Scaled so that each score reflects a rank within the sample.
  - Various applications ... intelligence, ability, coolness, etc