

Theory and practice of psychological assessment and intervention

Week 1 – Introduction to Assessment

What is Assessment?

- Assessment = the methods used to gain understanding, in order to answer some question. E.g.,
- Common in a whole range of settings
- Is multifaceted
- Used for:
 - Diagnosis : what label should I give this person?
 - Formulation : how does this person's symptoms work?
 - How do they experience their symptoms
 - Symptoms may not be consistent across diagnoses
 - Intervention : how much have I actually helped this person?
 - Determine how successful intervention was
- Limitless range of applications that we use assessment for:
 - Describing someone's cognitive abilities.
 - Ie car accident and you can't count
 - Assist in planning & designing interventions.
 - Describe relationship between thought, affect and behaviour.
 - Different components of interventions and how they relate to someone's interpersonal style

Areas of Assessment (Examples!)

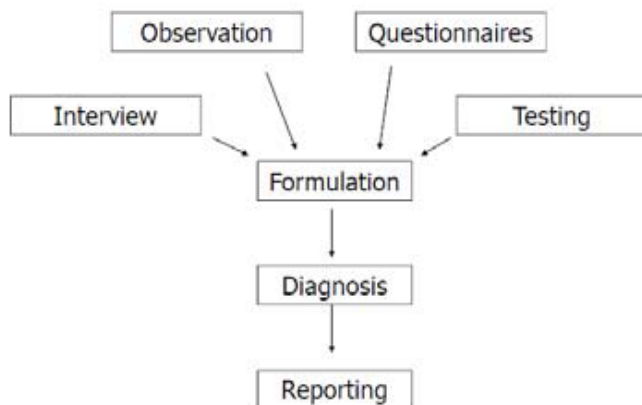
- Intelligence
- Behaviour
- Emotion
 - Things that are covered in this unit
- Academic Achievement
- Language
- Memory
- Problem Solving
- Motivation
- Personality
- Attitudes
- Coping Styles
- Attribution
- Attachment
- Self-Esteem
- Social Ability

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).
 - Use your measure or test in a whole broad range of people in society and then you can determine where people are positioned

- Develop a norm/average and compare people to that norm
 - Compares individual score to pre existing data set
 - Surveys/Questionnaires (self and other).
 - Also norm referenced
 - Generally self report
 - Observation Checklists.
 - Used a lot in medicine
 - Ie assessing someone for psychosis through behavioural observation
 - Interviews (self and other).
 - Several types
 - Relaxed: not obvious you're being interviewed
 - structured – specific questions
 - semi-Structured – random questions
- But! Generally a multi-model & multi-source preferred (Hung, et al., 2013).
 - Never just one ...
 - Using a whole range of procedures
 - Ie interview, blood test, scan

Methods in Assessment



- Things used in first interview
- Observation impt – features in everything
- Ie when interviewing someone, you would be observing their behaviour ie psychomotor retardation with depression
- Using multiple methods to determine where someone is at and what treatment they need

Methods in Assessment

- Interviews:
 - Detailed enquiries about largely qualitative data (i.e., Stories!).
 - From the beginning, when did it start
 - Multiple sources.
 - Client, parents, family, spouse, other professionals.
 - Lack of insight is often part of the condition, so family members can corroborate stories - Common with bipolar and depression, ADHD