

Assessment in clinical psychology

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Define and overview of assessment



ASSESSMENT

Psychological assessment is a process of testing that uses a combination of techniques to help arrive at some hypotheses about a person and their behavior, personality and capabilities.

Assessment is normally done in support of picking up knowledge into and shaping theories about mental or behavioural issues. All things considered, the after effects of such appraisals are typically used to make summed up impressions (as opposed to analysing) in support of advising treatment arranging.



Tools of assessment



PERSONALITY ASSESMENT

Personality Assessment is a proficiency in professional psychology that involves the administration, scoring, and interpretation of empirically supported measures of personality traits and styles in order to:

- Refine clinical diagnoses
- Structure and inform psychological interventions
- To Increase the accuracy of behavioral prediction in a variety of contexts and settings (e.g., clinical, forensic, organizational, educational).



Projective Personality Assessment

- **Rorschach inkblot test:** The ambiguous inkblots in the well-known Rorschach inkblot test, developed by Hermann Rorschach in 1921. This test is perceived differently by different people, and those perceptions are believed to be related to the subjects' problems. Rorschach created 10 cards with inkblot designs and a system for interpreting responses.
- **Thematic Apperception Test (TAT):** The Thematic Apperception Test (TAT), developed by Henry Murray, consists of a series of ambiguous pictures, which the subject is requested to describe and tell a story about. The test is used to identify a person's emotions, motives, and problems.
- **House-Tree-Person Test (HTP Test):** It was developed in 1948, and updated in 1969. The house-tree-person test (HTP) is a projective personality test, a type of exam in which the test taker responds to or provides ambiguous, abstract, or unstructured stimuli (often in the form of pictures or drawings). Test taker is asked to draw houses, trees, and persons, and these drawings provide a measure of self-perceptions and attitudes.



Objective Personality Tests

Minnesota Multiphasic Personality Inventory (MMPI): The Minnesota Multiphasic Personality Inventory (MMPI) (Multiphasic, many phased, because the test simultaneously measures a number of personality dimensions) is widely used to identify personality problems. MMPI-2 was developed in 1989, consists 567 statements of true, false and cannot say. The statements reveal habits, fears, delusions, sexual attitudes, and symptoms of psychological disorders.

California Personality Inventory (CPI): Developed by Harrison Gough in 1956 and current version is updated in 1996, contains 434 items. It measures traits such as responsibility, self-control, and tolerance. It is used to predict things like adjustment to stress, leadership, and job success.

16 PFQ(1940): Cattell's 16 PF (personality factor) questionnaires assess the personality traits defined in Cattell's trait theory. This personality test consists of 164 statements about yourself. This test provide a normal-range measurement of anxiety, adjustment, emotional stability and behavioral problems.





Observations and Interviews

Behavioural Observations: Observations are also an important part of clinical assessments by clinical psychologists and other professionals. A performance of mental state examination (MSE) is used to assess personality. Behavioral observation involves watching and recording the behaviour of a person in typical environments.

Interviews: The examiner may ask a standardized set of questions (structured interview) or engage in a conversational interchange with the subject (unstructured interview). "conducting intensive individual interviews with a small number of respondents to explore their perspectives on a particular idea, program or situation." Psychologists use the interview method in order to gain information in an efficient and streamlined manner.

