

## The Psychological Assessment: A New Prospective

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### ABSTRACT

Psychological assessment of the behaviour. Psychology is the scientific study of behaviour but human behaviour is a very complex system It has many variables. The definition of psychology has widely changed during past decades and the current trends of research are going on in a new concept. Now psychology is defined as the study of mind and behaviour, whereas mind is the outcome of the brain. The brain is working on two concepts, one is structure and the other functions. Now psychology is well defined as neurobehavioral studies. Now the time has come to study behaviour in relation to the mind. The mind is the outcome of the brain i.e. working brain. In neuroscience the brain is moreover defined in the form of consciousness and electrical impulses. But psychological research is limited to behaviour only, and needs a Standard Operating Procedure in conducting psychological testing. The objective is to find a similar procedure/ protocol for all psychological testing. The outcome of this research is limited to the study of behaviour and psychological research and development.

**Keywords:** *Psychological, Behavioural, Neurobehavioural, Mind, Psychological Testing, Standard Operating Procedure*

The psychological Assessment is also known as the neurobehavioral assessment that evaluates the potential activities that affect and on the actions of individuals. The concept is used to quickly screen the behaviour in relation to assessment of any deformities in the central nervous system (CNS). Most neurotoxic substances affect these functions and assess in the broad categories of CNS function. (1) The concept of psychological assessment battery is a collection of tests that a psychologist uses to evaluate a person's behaviour issues. The test battery may include multiple psychometric distinct tests including questionnaires, behavioral tests, and other cognitive tests. The full battery of tests can assess an individual intellectual ability, academic achievement, and other behavioral and emotional disorders. (2)

Psychological assessments may be given personally or administered via a computer operating battery (NCTB) that can be used and recommended by the WHO, to assess a different cognitive and behavioral factor. (3) A full battery assessment is an evaluation of people's variety of measures to assess cognitive based on the central nervous system. The objective of the paper is to select a universal test battery to assess all the psychological factors by the single battery tests, along with other social and emotional skills. (4)

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Some specific parameters that may be assessed during the process of Behavioral assessments are starting with a planned interview that will be performed to see the general ability of the client. To assess the behaviour patterns in relation to cognitive functions in relation to mind functions, such as learning and memory disabilities. (5)

Emotional and mood related concerns disruptive behavior and personality disorders including social and parental relationship and adjustment concerns.

### **MATERIAL AND METHODS**

The psychological assessment and testing have a systematic methodology to determine the cognitive and behavioral testing. The standard protocol will be applicable in the guidance and counseling by the Psychologist. The Uniform Standard Operating Procedure (SOP) will be helpful to understand the results and procedures to everyone.(6) The need of time to explore the SOP for standard neurobehavioral/psychological assessment process for psychological research and development.

The following factors are well understood and performed by Psychologists to assess the behavioral patterns.

Psychological variable:

#### **A- INTERVIEW:**

A thorough psychological interview conducted with the aid of specialized instruments is known as a neurobehavioral assessment, and it forms the basis of psychologists' ability to comprehend individuals and their behavior. For many specialists, it is a method of problem solving that identifies the essential elements of an individual's psychological or mental health issues. The personal engagement, general intelligence, attitude including some other components which may be necessary to establish the rapport with the client. The cooperation and good communication skills are very helpful to perform the psychological Assessment.

One of the most important parts of any psychological test is the interview. Depending on Clint's issue, different mental health professionals, such as psychologists, psychiatrists, clinical social workers, and psychiatric nurses, can conduct the interview (7).

#### **B- TESTING:**

Neurobehavioural/psychological testing is not a single test or even a single type of test it may be the combination of a whole parameter of many research-based tests and procedures that assess specific aspects of a person's psychological pattern. These cognitive functions, including memory assessment are something that's typically done in a formal manner only by licensed Psychologists. (8) Testing is usually done in a psychologist's cubicle and consists largely of paper pencil tests or computer systems.

In addition to these neuro-oriented types of psychological assessment and other kinds of psychological tests are also available in psychological research and development. In addition to cognitive assessment some specific areas may be included such as aptitude or achievement in school, career in workplace, job satisfaction. The skills, and career planning in students also is a part of educational guidance. Some studies revealed the behaviour changes and mental health in students are mostly rectified by conducting assessment based on interview technique. (9)

### **C- Psychological functions:**

The general ability is to understand the client's behaviour and task or test performance before proper counseling. The objectives do not predict the future, but we can definitely assess the present situation of the client. Many people are curious about psychological evaluations—what they are, why they are done, and how they may benefit. In the field of psychological research, the computer-based psychological exam battery is becoming more and more common. This kind of examination has the advantage of being more dependable and free of cultural bias. (10)

Psychological evaluation is the process of using standardized tests, observations, and other techniques to evaluate a person's performance, memory, mental capacity, and behavioral functioning. (11) It is typically conducted by well-trained professionals, such as a psychologist or mental health practitioner. Medical professionals also use this test battery to diagnose mental health conditions. They may also determine appropriate treatment options or measure the progress in the counseling program.

### **D- Educational and Personality/ mood**

The psychoeducational evaluation often includes testing for a learning-based issue. This assessment frequently focuses on intellectual and academic achievement measures, such as math, reading, and writing language activities. The cerebral abilities are then compared to the academic skills. If there is a substantial gap between one's intellectual skills and academic skills in any particular field, psychologists can build the basis for identifying unique personality traits. The school psychologists may also be consulted if available to diagnose disorders such as Attention Deficit/Hyperactivity in the classroom setting. The personality assessment is required to assess their trends towards classmates and teachers. The reason may be the attention seeker or having neurotic trends or other disturbing factors in the client.

The projective technique is also performed to see the inner guilt or maladjustment and to evaluate and understand the emotional and personality functioning. These measures may also be helpful for mental health treatment with use of medications or psychological therapeutic techniques.

In the case of children's educational guidance, these tests have an important role to assess their cognitive abilities, which are also an important variable in academic performance. If a counselor finds any abnormal finding, the parents are also consulted, what they observe is any behavioral and emotional changes in their child.

When the patient is an adolescent, it is more customary to use a combination of emotional and personality questionnaires that require the adolescent to react to themselves. Parents' responses are especially useful for assessing any mental condition. The parents' ideas and awareness are then taken into account in their evaluation, as well as the observation and identification of difficulties.

### **E- Neuropsychological (Behavioural test battery) Evaluations**

The psychological assessment is a behaviour evaluation in respect to CNS, that helps measure more detailed aspects of cognitive level. The functional abilities like planning, organization and how they inhibit cognitive, emotional, and behavioral responses. The tests of attention, learning, memory, and motor coordination of individuals' assessments are required to have more logical assessment. Referrals for treatment, whether for a neurological issue or

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neurodegenerative problem, frequently originate from doctors or therapists who are worried about how well a patient is performing in these domains. In these cases, neuropsychological assessments are mostly conducted in the guidelines of medical-based settings. The use of neurobehavioral assessment battery, can capture one's functioning more globally with measures of intelligence, achievement, neurocognitive abilities, and personality and emotional functioning.

Neurobehavioural assessment is typically conducted having the objective to assess the mind and body relationship under standardized methodology. Assessment in relation to the mind also helps to identify mental health conditions and understand the severity. Psychological assessment can also help in diagnoses of depression, anxiety, bipolar disorder, and attention deficit, hyperactivity disorders and sudden behaviour alternation especially in the elder population. The concept of psychological research and development is the need of time to redefine the mind and cognitive functions in the concept of functional/behavioral outcome.

### F- What is Behavioral Psychology

Behavioral psychology is the study of the relationship between our thoughts and our actions. Behavioral psychology, also known as behaviorism, is studied by academics and scientists that want to understand why we behave the way we do and look for patterns in our actions and behaviors. The concept of behavioral psychology is to help how to predict humans and will behave and form better habits as individuals. The mind and behaviour create towards betterment and develop ideal living criteria for the future communities.

## RESULT AND DISCUSSION

The concept of mind and its functions are related to psychological assessment, as the joint process of cognitive and behavior. The individual's response will depend and have been experienced through the senses. The mind is the functional combination of intellect, imagination, memory, perception, thought, will, and emotion and combined of all consciousness. The mind is often used to refer to the thought processes with reasonable ideas and makes people social and human beings. (12) The mind is made up of two main parts: the conscious mind and the subconscious mind. Cognitive scientists prefer the mind to be important in psychological research, because it helps us to understand ourselves and others well.

William James (13), defined psychology as the science of mental life and this definition was widely accepted for decades. James developed a functionalist approach to the study of the human mind. In psychology is the scientific study of mental states and processes, as well as human and animal behavior. Psychology has its roots in the philosophy of the ancient Greeks. The concept of dualism, first proposed by the French philosopher Rene Descartes in the 17th century, held that the body and mind were two distinct realities that interacted to create the human experience. In the late 1800s, dualism became its own academic field. (14) Human consciousness is regarded as an immaterial entity distinct from the brain.

Psychologists work hard to investigate and comprehend behavior, the brain, and mental processes. Psychology is seen to have close ties to education, the social sciences, and the medical sciences. Austin J.A. (2003) reveals that the Psychology is defined and investigates critical aspects of the brain and human behavior under the Behavioral Neuroscience that influences the plasticity of the brain and behavior. (15)

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### ***Proposed Neurobehavioural test battery:***

The concept of individuals responds to cognitive functions in relation to mind and behaviour. A standard neurobehavioral testing may be conducted for the person to see their deterioration in the central nervous system. The simple paper pencil, culture free and computer performance test may be useful to establish a universal criterion for all psychological assessment procedures. (16)

The battery contains the following tests of cognitive functions,

- A- Digit Span test, Digit symbol test and picture completion or Block design test.
- B- Visual reproduction and Associative learning for immediate and delate memory.
- C- Dot or Digit cancellation test and figure identification test.
- D- Finger tapping test/ Reaction time test
- E- Questionnaire/ MPI/ EPI.

### **CONCLUSION**

The objective of our research paper fulfills the needs of universal psychological testing to determine the broad areas of brain functions. Psychological assessment is the process to determine cognitive as well as personality traits in the growth of individuals and society itself. Mental health is a very important factor in establishing happiness in society. Our main objective of this article is to improve the psychological assessment in preventing mental health before it would be a problem in individuals. Finally, we can infer that prevention is always better than cure.

### ***Recommendation:***

The proposed model of psychological testing is based on total assessment of human behaviour based on human performance. The brain functions are mostly based on the combination of brain functions and stimulus reaction. The concept of psychological assessment is based on how our mind interprets the things and accordingly acts in a better manner and should be applicable on all age groups including children also.(17)

1. The standard neurobehavioural assessment testing is the need of time to explore the possibility of a testing protocol for behavioural responses.
2. The test selected is more practical and culture free and also performs in any population.
3. Most selected tests are freely applicable to all literature and illiterate populations without any educational effects.
4. The main criteria for selection of the test are paper pencil tests or computer systems.
5. The standard data will be collected in large populations to see the reliability and validity of test performance including neuroscience and genetics. (18)
6. The most proposed battery includes the criteria that it should be applicable in all populations.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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