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Research Paper

Development of Screening Psychosocial Stressors Objectively Test (SPOT) for the Parents having Children with Intellectual Disability (Feasibility Study)

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ABSTRACT

In the present study an attempt has been made by the researcher to develop a free associative projective test named screening psychosocial stressors objectively test (SPOT) for the parents having children with intellectual disability (Feasibility Study) Here in this test researcher screen and find out the level of stress caused by their psychosocial needs of parents having children with intellectual disability. This free associative projective test can be helpful to the clinicians in assisting them in screening and finding out the stress and its root causing needs, A clinician by using this tool can recommend suitable therapy to a patient based on the patients' views, needs, stressors and his or her personality trait in order to reduce their stress level, which ultimately leads to better adjustment in their personal and professional life. And also, this pilot study (N=60) indicate that SPOT is psychometrically a sound tool as the content validity of this tool has been established in terms of (7) expert opinion by using Delphi Method and the reliability was established in terms of parallel form reliability and the result suggested high (0.95). Further researches are recommended to standardize this free associative projective test for the assessment of various psychosocial disorders in parents having children with intellectual disability and in individuals. which may lead to significant indications for intervention and thereby improving their quality of life of an individual.

Keywords: *Stress, Psychosocial Stressors, Free Associative Projective Test*

Parents of children with intellectual disabilities face unique psychosocial stressors due to caregiving demands and societal challenges. Traditional stress measurement tools often fail to capture the underlying psychosocial needs that contribute to this stress. To address this gap, the **Screening Psychosocial Stressors Objectively Test (SPOT)** was developed as a projective tool aimed at identifying the root causes of stress in these parents.

Piloted on 60 parents, SPOT demonstrated a high correlation with the Perceived Stress Scale (PSS), confirming its reliability and validity. By focusing on the psychosocial needs driving

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stress, SPOT allows clinicians to provide targeted interventions, ultimately improving the well-being of caregivers.

This study presents SPOT as a valuable tool for assessing psychosocial stressors in this population.

LITERATURE REVIEW

Authors	Years	Title of the Study	Results
Alexandra D Crosswell and Kimberly G Lockwood	2020 Jul 8.	Best practices for stress measurement: How to measure psychological stress in health research	Conclusion is that this empirical evidence supports a strong relationship between psychological stress and disease development. These studies may be underestimating the impact of stressor exposure and the stress response on health, given that measuring these constructs has been challenging and limited. Recent work in the stress field has identified important aspects of psychological stress to capture in order to fully test the role that psychological stress plays in predicting disease; these include capturing the specific type(s) of stressor exposure, a wide range of psychological, cognitive, behavioral, and physiological responses to the exposure, and contextual and individual-level factors that moderate the impact of the exposure and response.
Pradeep Kumar, Rishi Panday and Aishwarya	(Jan-Jun 2019): 23-29.	Psychosocial Problems of Children with Intellectual Disability: A Brief Overview	Conclusion is that the professionals can help the parents to cope with the crisis by behavior modification technics, examining the resources of the Family, including role structure, emotional and financial stability and can help them to deal effectively with the situation.

Need and Significance of the Study

- They are various physiological and psychological factors which cause a rise in stress among the individuals, Because of this though psychologists developed various objective stress scales for measuring stress based on various factors But no one scale tells the root psychosocial need causing these psychosocial stressors.
- There is a need to develop and validate a projective test for screening stress based on the psychosocial needs and which should have High correlation between Perceived Stress Scale and newly developed projective test.

Current Study Aims

Based on the above concerns, there is a need for the development of a projective test which can screen the stress levels based on the parents or primary care givers psychosocial needs and which should be used on:

- For the age range of 20 years and above parents or primary care givers with children having intellectual disability.
- Which is very easy to understand- and which is user friendly.
- Which gives more opportunity to psychologists to capture the psychosocial stressors in multiple ways.
- Which can be administered in 30 Minutes.
- Test scoring should be easy and simple for calculation.
- Finally, the test score should be aligned and validated according to scores of the Perceived Stress Scale.

Theoretical Foundations of SPOT

- **Contextual Behavioral Science:** The first phase of gathering demographic and background data aligns with the principles of contextual behavioral science, which emphasizes understanding behavior within the client's specific context. This contextual grounding provides a foundation for the subsequent analytical phases.
- **Psychoanalytic Theory:** The tool incorporates techniques from psychoanalytic theory such as word association and free association. These allow unconscious thoughts and emotions to emerge, providing insights into the client's inner experiences.
- **Cognitive-Behavioral Therapy:** Connotation analysis during the word association phase draws from cognitive-behavioral therapy (CBT) principles of identifying negative thought patterns. The Socratic questioning phase also utilizes a core CBT method to challenge maladaptive cognitions.
- **Personality Assessment:** The categorization of free association responses into domains connects to principles of personality assessment, revealing potential areas of significance and personal values.
- **Cognitive Processing:** By recording response times, the SPOT tool may provide SPOT s into cognitive processing and areas of emotional salience based on research on executive control.
- **Client-Centered Therapy:** The tool's non-judgmental, accepting approach aligns with client-centered therapy to create an environment conducive to open self-expression and personal growth.

Methodological Integration of SPOT

The SPOT tool innovatively integrates methods and concepts from diverse psychological theories into a four-phase process:

1. Contextual grounding through demographic data
2. Word association with connotation analysis
3. Free association and self-expression
4. Socratic questioning

This multidimensional approach allows for a rich exploration of the client's inner world from various complementary angles. While not a comprehensive diagnostic assessment, the tool provides an initial analysis to inform and enhance the therapeutic process.

Empirical Support of SPOT

While the SPOT tool itself is newly developed, its component techniques have empirical support across different therapeutic modalities. For example, word association and free

association are established methods in psychoanalytic therapy. Connotation analysis and Socratic questioning are evidence-based CBT interventions. The person-centered, non-judgmental stance aligns with extensive research on the importance of the therapeutic alliance. Emerging research specifically on the SPOT tool is still needed, but its grounding in well-established psychological principles and methods suggests promising potential as an screening, analytical aid and therapeutic adjunct.

METHODOLOGY

Statement of the Problem

We need to identify and screen the stress and the root stress causing psychosocial need which is causing the psychosocial stress in the parents of children having intellectual disability so this problem is under investigation as entitled,

"Development of Screening Psychosocial Stressors Objectively Test (SPOT) for the Parents having Children with Intellectual Disability (Feasibility Study)"

Objective of the Study

To develop a projective test for screening stress based on the psychosocial needs and which should have High correlation between Perceived Stress Scale and new projective test.

Hypothesis

Hl: There will be High Correlation between Perceived Stress Scale and Newly Developed Projective Test.

Variables

Dependent Variables: Psychosocial Stressors

Population

Since the objective is to develop a projective screening test with the purpose of identifying the root cause of the psychosocial stressors among the parents or primary care givers aged between (20 years and above) with children having intellectual disability were chosen as target population.

Participants

Parents or primary care givers (n=60) between the ages of 20 years and above with children having intellectual disability attending general services at NIEPID Headquarters situated at Secunderabad were administered the SPOT form during a developmental evaluation of their children.

Inclusion Criteria

- This Pilot study should be conducted on parents or primary care givers having children with intellectual disability and aged between 20 years and above.
- Parents or primary care givers should know how to read and write English.
- This Pilot testing is done at NIEPID General Services.

Exclusion Criteria

- Parents or primary care givers age should not be less than 20 years.
- Parents or primary care givers who don't know English language should not be included.

- Parents or primary care givers should not have any disabilities.

Sampling Procedure

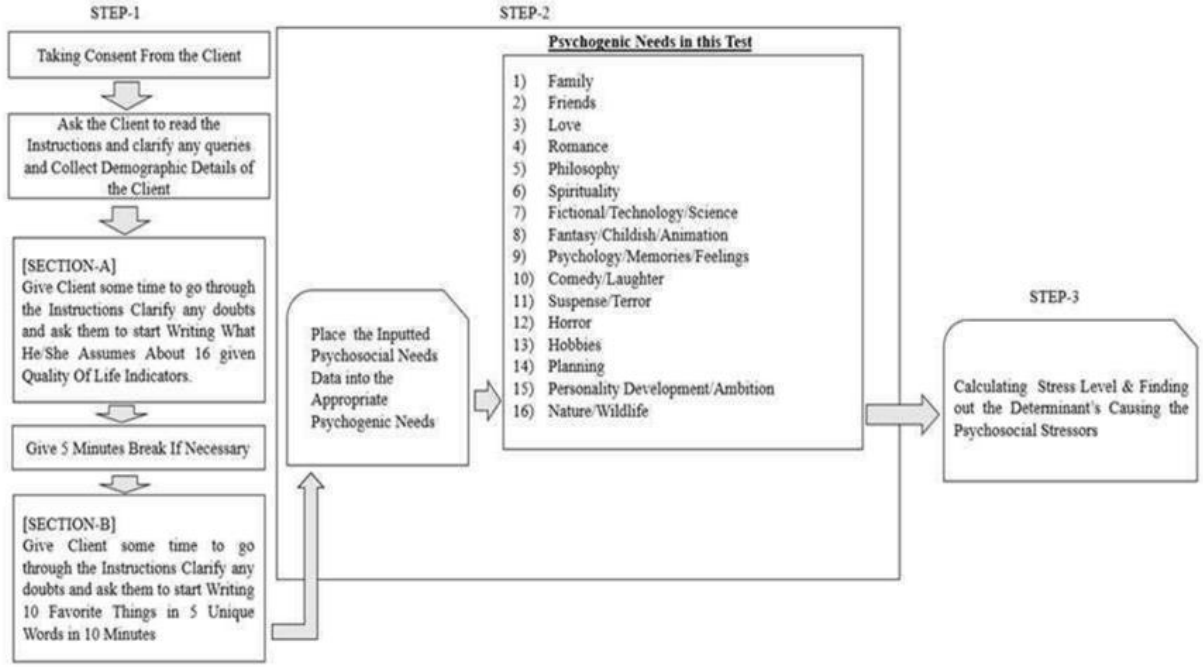
Since the objective is to conduct a feasibility study for developing a projective test for the parents or primary care givers aged between (20 years and above) with children having intellectual disability, purposive and mixed sampling method was chosen to collect the data.

Tools Used

- Screening Psychosocial Stressors Objectively Test (SPOT) was used in the process of data collection.
- Perceived Stress Scale (PSS 10) For correlating the stress, here we use perceived stress scale which is a objective test. The questions in the PSS ask about feelings and thoughts during the last month. In each case, respondents are asked how often they felt a certain way.

Procedure

Procedure followed in data collection is mentioned with the help of following flowchart



1. Content validation procedures by using Delphi Method were performed. Total number of 7 experts in the field of rehabilitation psychology, psychiatry and special education with minimum experience of 5 years were requested to validate the instrument. Category of professionals participated in the process of validation are:

Role of Professional	**No. of Persons Participated**
Rehabilitation Psychology	5
Psychiatry	1
Special Education	1

Detailed information is provided in Appendix-A

2. Reliability of the instrument was determined using Parallel Form reliability. The Parallel Form reliability measure the correlation between two equivalent versions of a test. You use it when you have two different assessment tools or sets of questions designed to measure the same thing.

Tool Construction

ITEM POOL

Our first step was to identify and gather the information regarding a list of psychosocial domains and quality of life indicators that can be observed in individuals and that which can indicate risk for an eventual psychosocial stressor.

We reviewed findings from 3 main sources: They are

- Literature review based on the Psychosocial approach, and Murray Psychogenic Needs, Pressors.
- Words From Word Association Test
- Inputs from professionals working in the field of rehabilitation psychology, psychiatry, special education.

Based on the vast Words from Word Association Test and literature on psychosocial needs, we generated a target list of domains that could be considered at risk for an individual's eventual psychosocial stressors diagnosis. The quality-of-life indicators and psychogenic needs were divided into psychosocial domains and were further refined based on the feedback of experts who are in the field of rehabilitation psychology, psychiatry, special education and on the concerns of parents or caregivers of children having intellectual disability.

Professionals and personnel working in the field of rehabilitation psychology, psychiatry, special education and professional working closely with parents and primary care givers were requested to provide test items based on DSM-5, ICD-10 Criteria of psychosocial problems in order to develop an item pool for the development of test.
Category of professionals assisted in the process was:

- **Psychiatrist, Rehabilitation Psychologist, Special Educator**

Item pooling comprising of test items from suggestions provided by professionals mentioned above. The item pool consisted all areas of psychosocial domains were considered. Focused group discussions were carried out about test items that were received discussions centered enquiring the psychosocial needs of an individual causing psychosocial stressor were done.

Item Selection

Out of 100 items based on the quality-of-life indicators (Words from Word Association Test) were examined and scrutinized into 20 words on the principle of relevance. And a total of 16 psychosocial domains were shortlisted after validating by taking expert opinion from 7 professional.

Expert professional was chosen the basis of following criteria:

- Professionals should be working in the field Rehabilitation/Clinical Psychology/ Psychiatry/special education/related specialty services.
- Minimum of 5 years of work experience post qualification.

Item Format

Professionals were requested for second round of validation to fine tune the psychosocial domains and quality-of-life indicators and language of test items were segregated into two sections.

- **SECTION A:** To find the views of the individual
  (Planned to know about the Quality of Life of an Individual aging 20-Above years)
  Format for selecting the list 20 Quality of Life Indicators out of 100 Quality of Life Indicators (Words from Word Association Test) for validation.
- **SECTION B:** To find the needs of the individual
  (Planned to know about the Needs of an Individual aging 20-Above years) along with record sheets, manual is kept in Appendix-A *.

RESULTS AND DISCUSSION

The present chapter deals with the analysis and results of the SPOT tool data. The data was collected from 60 parents who have children with intellectual disability, The researcher had assessed the needs of parents through purposive sampling method.

The researcher collected the data personally by conducting two assessments named screening psychosocial stressors objectively test which is a newly developed free associative projective test for screening and finding stress based on the psychosocial needs. And the researcher for validating and for checking the reliability of the SPOT tool used perceived stress scale which is an objective questionnaire for finding stress. The data which was collected is analyzed by using SPSS (Statistical Package of Social Service) Package and the results were interpreted and tabulated on the below hypothesis to check whether it has reached the objective.

"There will be high correlation between perceived stress scale and newly developed projective test named screening psychosocial stressors objectively test".

For this the researcher has used the following statistical measures for data analysis

- To find out if there will be high correlation between Perceived Stress Scale and SPOT.
- To content validate the SPOT tool by Experts of the concerned field.
- To validate SPOT and PSS, Using Pearson correlation.
- To find out the Inter-rater reliability of the SPOT tool using Pearson correlation.
- To find out the Convergent Validity of the SPOT tool using Pearson correlation.
- To find out the reliability of the SPOT tool using Parallel Form reliability.

Table - 1 Validating SPOT and PSS scores using Mean and Standard Deviation

	Mean	**Standard Deviation**	**N**
SPOT	30.8833	10.51245	60
PSS	23.1333	6.43999	60

Results of Table - 1, When Validated with the scores of perceived stress scale (PSS) and screening psychosocial stressors objectively test (SPOT) for Mean and Standard Deviation, researcher found that the SPOT score for Mean is 30.8833 and SPOT score for Standard deviation is 10.51245 for a sample size of N=60 and PSS score for Mean is 23.1333 and PSS

score for Standard deviation is 6.43999 and the scores of both SPOT and PSS are very strong.

Table - 2 Validating SPOT and PSS scores using Pearson Correlation

		SPOT	**PSS**
SPOT	**Pearson Correlation**	1	*.124"""*
	Sig. (2-tailed)		0
	N	60	60
PSS	**Pearson Correlation**	_724**	**1**
	Sig. (2-tailed)	0	
	N	60	60

***. Correlation is significant at the 0.01 level (2-tailed).*

Results of Table - 2, When Validated with the scores of perceived stress scale (PSS) and screening psychosocial stressors objectively test (SPOT) for validation, researcher found that the SPOT score for Pearson Correlation is 0.724 which suggests that it has strong positive correlation with PSS.

Table - 3, Validating SPOT for Interrater reliability using Mean and Standard Deviation

	Mean	**Standard Deviation**	**N**
SPOT_R	30.8833	10.51245	60
SPOT_S	30.6000	10.49326	60

Results of Table - 3, When Inter-rater Validation is done with the scores of screening psychosocial stressors objectively test for SPOT_R and SPOT_S for Mean and Standard Deviation, researcher found that the SPOT_R score for Mean is 30.8833 and SPOT score for Standard deviation is 10.51245 for a sample size of N=60 and whereas SPOT_S score for Mean is 30.6000 and SPOT_S score for Standard deviation is 10.49326 and the scores of both SPOT_R and SPOT_S are very strong.

Table - 4, Validating Interrater reliability for SPOT using Pearson Correlation

		SPOT_R	**SPOT_S**
SPOT_R	**Pearson Correlation**	1	.990""""
	Sig. (2-tailed)		.000
	N	60	60
SPOT_S	**Pearson Correlation**	_990**	**1**
	Sig. (2-tailed)	.000	
	N	60	60

***. Correlation is significant at the 0.01 level (2-tailed).*

Results of Table - 4, When Inter-rater Validation is done with the scores of screening psychosocial stressors objectively test for SPOT_R and SPOT_S using Pearson Correlation, researcher found that the SPOT_S score is .990** when compared with SPOT_R for a sample size of N=60 and this score suggest that the Inter-rater reliability of both SPOT_R and SPOT_S are very strong.

Table - 5, Finding Convergent Validation on SPOT and PSS

	Mean	**Standard Deviation**	**N**
SPOT	30.6000	10.49326	60
PSS	23.0500	6.54690	60

Results of Table - 5, When Validated with the scores of perceived stress scale (PSS) and screening psychosocial stressors objectively test (SPOT) for Mean and Standard Deviation, researcher found that the SPOT score for Mean is 30.6000 and SPOT score for Standard deviation is 10.49326 for a sample size of N=60 and PSS score for Mean is 23.0500 and PSS score for Standard deviation is 6.54690 and the scores of both SPOT and PSS are very strong.

Table - 6, Finding Convergent Validation on SPOT and PSS using Pearson Correlation

		SPOT	**PSS**
SPOT	**Pearson Correlation**	1	_734""""
	Sig. (2-tailed)		.000
	N	60	60
PSS	**Pearson Correlation**	_734**	**1**
	Sig. (2-tailed)	.000	
	N	60	60

***. Correlation is significant at the 0.01 level (2-tailed).*

Results of Table - 6, When Validated with the scores of perceived stress scale (PSS) and screening psychosocial stressors objectively test (SPOT) for validation, researcher found that the SPOT score for Pearson Correlation is 0.734 which suggests that it has strong positive correlation with PSS.

Table - 7, Checking Parallel Form Reliability

Test for Model Goodness of Fit		
Chi-Square	**Value**	25.082
	Df	**1**
	Sig	0
Log of Determinant of	**Unconstrained Matrix**	7.687
	Constrained Matrix	8.123
Under the parallel model assumption		

Results of Table - 7, When validated for Parallel form reliability using Test for Goodness of Fit, researcher found Chi-Square Value to be 25.082 with a Df of 1 whereas Log of Determinant of Unconstrained Matrix is 7.687 and Constrained Matrix is 8.123

Table - 8, Checking Inter-Rater Correlation Matrix on SPOT and PSS

Inter-Item Correlation Matrix		
	SPOT	**PSS**
SPOT	**1**	0.724
PSS	0.724	**1**

Results of Table - 8, When validated for Inter-Rater Correlation Matrix, researcher found that the values of both SPOT and PSS are very High.

DISCUSSION

The current study shows that the SPOT test is psychometrically a sound tool with high content validity, internal consistency and reliability.

- The Content validation of the SPOT tool was done by the Experts of the concerned field which have minimum 5 years of experience and in this process, experts selected 20 items as quality of indicators out of 100 total items.
- When Validated with the scores of perceived stress scale (PSS) and screening psychosocial stressors objectively test (SPOT) for validation, researcher got a SPOT score for Pearson Correlation was 0.724 which suggested that it has strong positive correlation with PSS.
- When Inter-rater Validation was performed with the scores of screenings psychosocial stressors objectively test for SPOT_R and SPOT_S using Pearson Correlation, researcher found that the SPOT_S score is .990** when compared with SPOT_R for a sample size of N=60 and the resultant score suggest that the Inter-rater reliability of both SPOT_R and SPOT_S are very strong.
- When Validated with the scores of perceived stress scale (PSS) and screening psychosocial stressors objectively test (SPOT) for finding Convergent validity, researcher found that the SPOT score for Pearson Correlation is 0.734 which suggests that it has strong positive correlation with PSS.
- When validated for Parallel form reliability using Test for Goodness of Fit, researcher found Chi-Square Value to be 25.082 with a Df of 1 whereas Log of Determinant of Unconstrained Matrix is 7.687 and Constrained Matrix is 8.123
- When validated for Inter-Rater Correlation Matrix, researcher found that the values of both SPOT and PSS are very High.

Hence, SPOT is a psychometrically strong tool which have high correlation with perceived stress scale.

Summary

MAJOR FINDINGS OF THE STUDY

- Content validity of the scale was established through the expert opinion and ranking given by experienced psychologists having exposure in the field of rehabilitation psychology and psychiatry and statistics.
- Validity of PSS and SPOT scores when done on using Pearson correlation coefficient (Sig. (2-tailed)) resulted in .724, which is significant as High correlation, thus the validation of the SPOT was established.
- Reliability of full scale is found to be high (0.95) on Parallel Form Reliability.

LIMITATIONS OF THE STUDY

- Since it was a time bound study, a large size of the sample could not be used for pilot testing of the scale.
- As the main requirement is that the patient should know the English a large size of the sample could not be used for pilot testing of the scale.

RECOMMENDATIONS

- As the pilot study of SPOT has been completed in the present research, the projective test needs to be standardized in terms of establishing validity, reliability and scoring

system on various psychosocial disorders of parents having children with intellectual disability.

CONCLUSION

In the present study an attempt has been made by the researcher on the parents having children with intellectual disability to screen and find out the level of stress caused by their psychosocial needs. This free associative projective test can be helpful to the clinicians in assisting them in screening and finding out the root causing needs of the stress, not only this, A clinician by using this tool can recommend suitable therapy to a patient based on the patients' views, needs, stressors and his or her personality trait in order to reduce their stress level, which ultimately leads to better adjustment in their personal and professional life. And also, this pilot study indicate that SPOT is psychometrically a sound tool as the content validity of this tool has been established in terms of expert opinion and the reliability in terms of parallel form reliability which is high. Further researches are recommended to standardize this free associative projective test for the assessment of various psychosocial disorders in parents having children with intellectual disability and in individuals. which may lead to significant indications for intervention and thereby improving their quality of life of an individual.

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Conflict of Interest

The author declared no conflict of interests.

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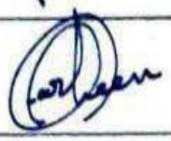
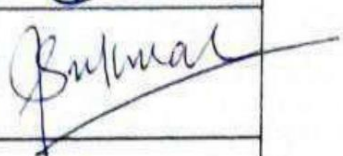
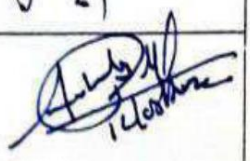
APPENDIX – A

Details of professionals who took part and content validated the SPOT tool using Delphi Method are as follows:

Role of professional at NIEPID-HQ	Name	Signature
HOD & Lecturer in Rehabilitation Psychology	Shri Dasrath Choudhury	
Asst. Professor in Rehabilitation Psychology	Dr. Deyashini Lahiri	
Lecturer in Rehabilitation Psychology	Dr. Ghousia Farheen	
Lecturer in Rehabilitation Psychology	Shri Naveen Kumar	
Asst.Professor in Psychiatry & In – Charge Head	Dr.V. Sravan Reddy	
Lecturer in Special Education	Dr.K.G. Ambady	

Date: 14 - August - 2022

To Whom So Ever It May Concern

I, the undersigned hereby mention that Mr. Satish Narni, Trainee, M. Phil Rehabilitation Psychology, 2nd Year, has submitted the tool for my comments.

The title of the tool was "**Screening Psychosocial Stressors Objectively Test**", (**SPOT**) which is developed by him as a part of his dissertation work.

First of all, I would like to congratulate him on his idea and on his efforts in developing this free associative projective test which not only screens individual stress levels based on the psychosocial needs but also can be used for finding individual's present views, traits, learning approaches, thinking perspectives, areas of interest and therapies recommended for improving the quality of life of an individual. Surely, it will create a positive impact in the field of rehabilitation psychology and the professionals who use it will be benefited from it.

Few recommendations from my side have been made on the proposed tool.

I wish him all the best for his future endeavor.

Regards

Dr. P.V. Raju,

M.Phil., Ph.D.,

Consultant Rehabilitation Psychologist

CRR No. A47693

NIEPID, Secunderabad.

Development of Screening Psychosocial Stressors Objectively Test (SPOT) for the Parents having Children with Intellectual Disability (Feasibility Study)

SPOT Manual

Instructions For Doing This Assessment

Step 1: The test administrator should go through the test instructions ask the client to go through the instructions below

Instructions to the Test Administrator for administrating the test.

SPOT Screening Psychosocial Stressors Objectively Test — **Test Instructions**

Instructions for Test Administrator
1. The test administrator has to sit on a chair facing the subject and in between them there should be a table for their use.
2. First test administrator has to first collect demographic details from the client
3. Then administer section- A, then followed by section- B and while administering section-A for the subject he or she shouldn't be given section-B sheet or shouldn't be given any instructions about section-B. And before starting the sections [A, B], Test administrator have to ask the subject to go through the test instructions thoroughly and should ask the subject to get clarification about their queries if any with the test administrator.
4. Test instructions for section-a, **screening psychosocial stressors objectively test [section – A].** In this test you will be presented a word and you have to write about your thoughts on that word in **3 unique words** in **10 minutes time**. **By following the below steps** Step 1: in the **first step**, you will be presented a word and you have to write about your thoughts on that word in **3 unique words**, which comes in your mind. Step 2: and in the **second step**, repeat the above step 1 and write about the remaining words in **10 minutes**. **Important rules to keep in mind while doing this test:** ➢ YOU NEED TO ATTEMPT ALL THE WORDS PRESENTED. ➢ IF YOU DON'T GET ANY THOUGHT about a Presented WORD, LEAVE IT BLANK AND ATTEMPT ANOTHER Presented WORD ✓ SIMPLY Write WHAT Comes in Your Mind JUST DON'T THINK
5. Test instructions for section-b, **screening psychosocial stressors objectively test [section – B].** In this test you have to write about any of your all-time favorites in **10 minutes time**. **By following the below steps** Step 1: in the **first step**, write about the name of **your all-time favorite** and also specify in which **category*** below it falls Movies, TV Serials, Books, Sports, Spirituality, Philosophy, Nature and Pets etc. Step 2: in the **second step,** write about what you like in **the named favorite**, in **5 unique words**. Step 3: and in the **third step**, repeat all the above 2 steps and write about your remaining favorites in **10 minutes**. **Important rules to keep in mind while doing this test:** ➢ YOU NEED TO WRITE ABOUT YOUR ALL TIME 10 FAVOURITE THINGS. ➢ IF YOU DON'T GET ANY WORD about your FAVOURITE THING, LEAVE IT BLANK AND WRITE ABOUT YOUR NEXT FAVOURITE THING. ✓ SIMPLY Write WHAT Comes in Your Mind JUST DON'T THINK
6. And in between the test administration of section [A and B] the test administrator should allow 10 minutes break to the subject after the completion of a section.
7. Each section [A, B], Will have a time limit so a test administrator should maintain a stop watch to start and stop the test to tell the test subject.

Step 2: The test administrator should ask the client to go through the consent form and ask the client to fill the consent form

SPOT Screening Psychosocial Stressors Objectively Test — **Consent Form**

Consent Form for SPOT (Screening Psychosocial Stressors Objectively Test)

I am empirically developing a psychological assessment for screening psychosocial stressors of an individual. This research is meant for anyone who is 20 years of age or above and who is willing to participate voluntarily (and also the participant can at any time are free to withdraw, without giving any reason) so please fill out this form and participate in this assessment so that it will help us in developing this assessment. Please help us by filling in the demographic details and followed by two short scales that appear in separate sections. First has to be completed in not more than 10 minutes and second has to be completed in not more than 10 minutes. This will significantly progress educational and clinical research.

I assure you that your participation and responses will be kept completely confidential. The responses will be used only for research. If you require any clarification, please e-mail me at satishnarni@gmail.com Otherwise, please continue after you have recorded your consent.

Your Signature Required

I confirm that I understand the information given above and have had the opportunity to ask questions. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason. I understand that my results as well as my participation in the current study will be confidentially treated, and results will be used only for the purpose of research. I agree to take part in the study.

Tick: - Yes/No

Your email (Optional; give only if you require us to contact you with your results)

Step 3: The test administrator should ask the client to go through the test instructions, and clarify any doubts raised by the client.

SPOT
Screening Psychosocial Stressors Objectively Test

Test Instructions

Instructions for Test Subject
1. The subject has to sit on a chair facing the test administrator and in between them there should be a table for their use.
2. In this test there will be 2 sections [A, B].
3. There are no right or wrong answers. So, you can answer what comes in your mind first without having any hesitation.
4. Test subject should not open or see the test sections [A, B] until and unless told by the test administrator.
5. Before starting the sections [a, b], you have to go through the section instructions thoroughly and must clarify the queries if any with the test administrator.
6. Each section will have a time limit, and the test administrator will tell you when start and stop the test.

Step 4: The test administrator should ask the client to fill his / her demographic details and then ask them to attempt the Section – A of the test.

SPOT
Screening Psychosocial Stressors Objectively Test

Assessment

Demographic Details						Date of Test Administered	
Name			DOB		Age		
Gender		Marital Status					
Education		Dependent On Parents				If No What is Your Occupation	

Screening Psychosocial Stressors Objectively Test [Section – A], in this Test You will be Presented a word and you have to write about your Thoughts on that Word IN **3 UNIQUE WORDS** in **10 Minutes time**.

By Following the Below Steps

STEP 1: In the **First Step**, you will be Presented a word and you have to write about your Thoughts on that Word IN **3 UNIQUE WORDS**, which comes in your mind.
STEP 2: And in the **Second Step**, Repeat the ABOVE STEP 1 AND WRITE ABOUT THE REMAINING WORDS in **10 Minutes**.

IMPORTANT RULES TO KEEP IN MIND WHILE DOING THIS TEST:

- YOU NEED TO ATTEMPT ALL THE WORDS PRESENTED.
- IF YOU DON'T GET ANY THOUGHT about a Presented WORD, LEAVE IT BLANK AND ATTEMPT ANOTHER Presented WORD
- ✓ SIMPLY Write WHAT Comes in Your Mind JUST DON'T THINK

Row No	Word Presented	First THOUGHT in ONE UNIQUE Word	Second THOUGHT in ONE UNIQUE Word	Third THOUGHT in ONE UNIQUE Word
1	Family			
2	Friends			
3	Planning			
4	Love			
5	Hope			
6	Pets			
7	Faith			
8	Job			
9	Relaxation			
10	Fear			
11	Relationships			
12	Money			
13	Happiness			
14	Memories			
15	Anger			
16	Dreams			
17	Justice			
18	Trust			
19	Suspense			
20	Violence			

Step 5: The test administrator should ask the client to fill his / her demographic details and then ask them to attempt the Section – B of the test.

SPOT
Screening Psychosocial Stressors Objectively Test

Assessment

Screening Psychosocial Stressors Objectively Test [Section – B], In this Test you have to write about Any of your All-Time Favorite's in **10 Minutes Time**.

By Following the Below Steps

STEP 1: In the **First Step**, write about the Name of **Your ALL TIME FAVOURITE** and also Specify in Which **Category*** Below It Falls

Movies, TV Serials, Books, Sports, Spirituality, Philosophy, Nature and Pets etc.

STEP 2: In the **Second Step,** write about What you like in **THE NAMED FAVOURITE**, in **5 Unique Words**.

STEP 3: And in the **Third Step**, Repeat All the ABOVE 2 STEPS AND WRITE ABOUT YOUR REMAINING Favorites in **10 Minutes**.

IMPORTANT RULES TO KEEP IN MIND WHILE DOING THIS TEST:

- **YOU NEED TO WRITE ABOUT YOUR ALL TIME 10 FAVOURITE THINGS.**
- **IF YOU DON'T GET ANY WORD about your FAVOURITE THING, LEAVE IT BLANK AND WRITE ABOUT YOUR NEXT FAVOURITE THING.**
- ✓ SIMPLY Write WHAT Comes in Your Mind JUST DON'T THINK

Row No	Name (STEP 1)	Category *(STEP 1)	First Word (STEP 2)	Second Word (STEP 2)	Third Word (STEP 2)	Fourth Word (STEP 2)	Fifth Word (STEP 2)
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Step 6: The test administrator should go through the instructions for assigning the clients written words to proper domains.

SPOT
Screening Psychosocial Stressors Objectively Test

Data Analysis

Instructions For Assigning Clients Written Words To Domains

Before Assigning The Clients Written Words To The Respective Psychosocial Domains.

Please Go Through These Below Instructions.

- IF A WORD COMES FOR FIRST TIME THEN WRITE IT USING BLUE COLOR PEN.
- IF A WORD IS REPEATING MORE THAN ONE TIME IRRESPECTIVE OF CATEGORY THEN WRITE IT USING RED COLOR PEN
- INSTEAD OF WRITING DOMAIN NAMES WRITE THEIR SYMBOL.

LIST OF DOMAIN NAMES		
No.	Domain Name	Symbol
1	FAMILY	FMY
2	FRIENDS	FRD
3	LOVE	LVE
4	ROMANCE	RMC
5	HOBBIES	HBY
6	PERSONALITY DEVELOPMENT (OR) PERSONALITY GROWTH	PGD
7	PHILOSOPHY	PHL
8	SPIRTUALITY	SPR
9	FICTIONAL (OR) SCIENCE (OR) TECHNOLOGY	FIC
10	FANTASY (OR) ANIMATION (OR) CHILDISH	FAN
11	SUSPENSE THRILLER (OR) TERROR	SPT
12	NATURE (OR) WILD LIFE	NWL
13	HORROR	HRR
14	PSYCHOLOGY (OR) MEMORIES (OR) EMOTIONS (OR) FEELINGS (OR) ATTITUDES	PSY
15	COMEDY (OR) LAUGHING	CMD
16	PLANNING	PLN

They Are No Written Rules For Assigning Words To A Domain , The Only Thing is That For Assigning A Word To A Domain That Word Has To Natuarally Belong To A Domain.And In Any Case If Any Word Falls Under More Than One Domain , At That Time See The Context Of The Word By Basing It On The Category In Which Its Written And Place It In That Domain.

Step 7: The test administrator should assign the clients written words to proper domains, specifying why he / she assigned the word to a particular domain and count the words falling in each domain at the end.

SPOT Screening Psychosocial Stressors Objectively Test **Data Analysis**

Assigning Clients Written Words To Their Respective Domains Accordingly					
Row No	Word No	Category	Word	This Word is Assigned To This Domain	Write Why You Assigned This Word To This Domain
1	1				Refer to Note – 1, Of The Clinician Reference Form
1	2				Refer to Note – 2, Of The Clinician Reference Form
1	3				Refer to Note – 3, Of The Clinician Reference Form
1	4				Refer to Note – 4, Of The Clinician Reference Form
1	5				Refer to Note – 5, Of The Clinician Reference Form
2	1				Refer to Note – 6, Of The Clinician Reference Form
2	2				Refer to Note – 7, Of The Clinician Reference Form
2	3				Refer to Note – 8, Of The Clinician Reference Form
2	4				Refer to Note – 9, Of The Clinician Reference Form
2	5				Refer to Note – 10, Of The Clinician Reference Form
3	1				Refer to Note – 11, Of The Clinician Reference Form
3	2				Refer to Note – 12, Of The Clinician Reference Form
3	3				Refer to Note – 13, Of The Clinician Reference Form
3	4				Refer to Note – 14, Of The Clinician Reference Form
3	5				Refer to Note – 15, Of The Clinician Reference Form
4	1				Refer to Note – 16, Of The Clinician Reference Form
4	2				Refer to Note – 17, Of The Clinician Reference Form
4	3				Refer to Note – 18, Of The Clinician Reference Form
4	4				Refer to Note – 19, Of The Clinician Reference Form
4	5				Refer to Note – 20, Of The Clinician Reference Form
5	1				Refer to Note – 21, Of The Clinician Reference Form
5	2				Refer to Note – 22, Of The Clinician Reference Form
5	3				Refer to Note – 23, Of The Clinician Reference Form
5	4				Refer to Note – 24, Of The Clinician Reference Form
5	5				Refer to Note – 25, Of The Clinician Reference Form
6	1				Refer to Note – 26, Of The Clinician Reference Form
6	2				Refer to Note – 27, Of The Clinician Reference Form
6	3				Refer to Note – 28, Of The Clinician Reference Form

SPOT Screening Psychosocial Stressors Objectively Test **Data Analysis**

Assigning Clients Written Words To Their Respective Domains Accordingly					
Row No	Word No	Category	Word	This Word is Assigned To This Domain	Write Why You Assigned This Word To This Domain
6	4				Refer to Note – 29, Of The Clinician Reference Form
6	5				Refer to Note – 30, Of The Clinician Reference Form
7	1				Refer to Note – 31, Of The Clinician Reference Form
7	2				Refer to Note – 32, Of The Clinician Reference Form
7	3				Refer to Note – 33, Of The Clinician Reference Form
7	4				Refer to Note –34, Of The Clinician Reference Form
7	5				Refer to Note – 35, Of The Clinician Reference Form
8	1				Refer to Note – 36, Of The Clinician Reference Form
8	2				Refer to Note – 37, Of The Clinician Reference Form
8	3				Refer to Note – 38, Of The Clinician Reference Form
8	4				Refer to Note – 39, Of The Clinician Reference Form
8	5				Refer to Note – 40, Of The Clinician Reference Form
9	1				Refer to Note – 41, Of The Clinician Reference Form
9	2				Refer to Note – 42, Of The Clinician Reference Form
9	3				Refer to Note – 43, Of The Clinician Reference Form
9	4				Refer to Note – 44, Of The Clinician Reference Form
9	5				Refer to Note – 45, Of The Clinician Reference Form
10	1				Refer to Note – 46, Of The Clinician Reference Form
10	2				Refer to Note – 47, Of The Clinician Reference Form
10	3				Refer to Note – 48, Of The Clinician Reference Form
10	4				Refer to Note – 49, Of The Clinician Reference Form
10	5				Refer to Note – 50, Of The Clinician Reference Form

- Now Check and Count How Many Words Are Falling In Each Domain.

SPOT Screening Psychosocial Stressors Objectively Test **Data Analysis**

Clinicians Reference Form	
Note	**Write Why You Assigned This Word To This Domain**
Note – 1	
Note – 2	
Note – 3	
Note – 4	
Note – 5	
Note – 6	
Note – 7	
Note – 8	
Note – 9	
Note – 10	
Note – 11	
Note – 12	
Note – 13	
Note – 14	
Note – 15	
Note – 16	
Note – 17	
Note – 18	
Note – 19	
Note – 20	
Note – 21	
Note – 22	
Note – 23	
Note – 24	
Note – 25	

SPOT Screening Psychosocial Stressors Objectively Test **Data Analysis**

Clinicians Reference Form	
Note	**Write Why You Assigned This Word To This Domain**
Note – 26	
Note – 27	
Note – 28	
Note – 29	
Note – 30	
Note – 31	
Note – 32	
Note – 33	
Note – 34	
Note – 35	
Note – 36	
Note – 37	
Note – 38	
Note – 39	
Note – 40	
Note – 41	
Note – 42	
Note – 43	
Note – 44	
Note – 45	
Note – 46	
Note – 47	
Note – 48	
Note – 49	
Note – 50	

Step 8: In this report, the test administrator should check and assign the clients written words to positive or negative or neutral view, and the administrator should calculate all the positive views, negative views and neutral views at the end of all the 20 given words.

SPOT Screening Psychosocial Stressors Objectively Test

Report & Analysis

Based On The Data Submitted By The Client, Clients Past Experience's Or Views In Detail

No	Client	Given Word		Clients View			Overall Past Experience of The Client
1	Views About	FAMILY	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To FAMILY
	Views About	FAMILY	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	FAMILY	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
2	Views About	FRIENDS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To FRIENDS
	Views About	FRIENDS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	FRIENDS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
3	Views About	PLANNING	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To PLANNING
	Views About	PLANNING	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	PLANNING	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
4	Views About	LOVE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To LOVE
	Views About	LOVE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	LOVE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
5	Views About	HOPE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To HOPE
	Views About	HOPE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	HOPE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
6	Views About	PETS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To PETS
	Views About	PETS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	PETS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
7	Views About	FAITH	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To FAITH
	Views About	FAITH	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	FAITH	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
8	Views About	JOB	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To JOB
	Views About	JOB	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	JOB	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
9	Views About	RELAXATION	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To RELAXATION
	Views About	RELAXATION	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	RELAXATION	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	

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SPOT
Screening Psychosocial Stressors Objectively Test

Report & Analysis

Based On The Data Submitted By The Client, Clients Past Experience's Or Views In Detail							
No	Client	Given Word		Clients View			Overall Past Experience of The Client
10	Views About	FEAR	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To FEAR
	Views About	FEAR	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	FEAR	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
11	Views About	RELATIONSHIPS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To RELATIONSHIPS
	Views About	RELATIONSHIPS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	RELATIONSHIPS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
12	Views About	MONEY	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To MONEY
	Views About	MONEY	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	MONEY	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
13	Views About	HAPPINESS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To HAPPINESS
	Views About	HAPPINESS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	HAPPINESS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
14	Views About	MEMORIES	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To MEMORIES
	Views About	MEMORIES	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	MEMORIES	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
15	Views About	ANGER	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To ANGER
	Views About	ANGER	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	ANGER	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
16	Views About	DREAMS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To DREAMS
	Views About	DREAMS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	DREAMS	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
17	Views About	JUSTICE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To JUSTICE
	Views About	JUSTICE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	JUSTICE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	

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SPOT Report & Analysis

Screening Psychosocial Stressors Objectively Test

Based On The Data Submitted By The Client, Clients Past Experience's Or Views In Detail							
No	Client	Given Word		Clients View			Overall Past Experience of The Client
18	Views About	TRUST	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To TRUST
	Views About	TRUST	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	TRUST	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
19	Views About	SUSPENSE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To SUSPENSE
	Views About	SUSPENSE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	SUSPENSE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
20	Views About	VIOLENCE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	If the Positive / Negative/Neutral View is repeated more than 2 Times, Then the Client Might Have an Overall Positive / Negative/Neutral Experience with Respect To VIOLENCE
	Views About	VIOLENCE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	
	Views About	VIOLENCE	As		Which Is a	POSITIVE / NEGATIVE / NEUTRAL View	

* Count Of Total No. Of Positive, Negative & Neutral Views Of All The Given Words.

Total No. Positive Views	
Total No. Negative Views	
Total No. Neutral Views	

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Step 9: In this report, the test administrator based on the Step .7, Count the words which have fallen in each domain and place them in the descending order and now count in how many domains the overall fallen and place the values in the below report.

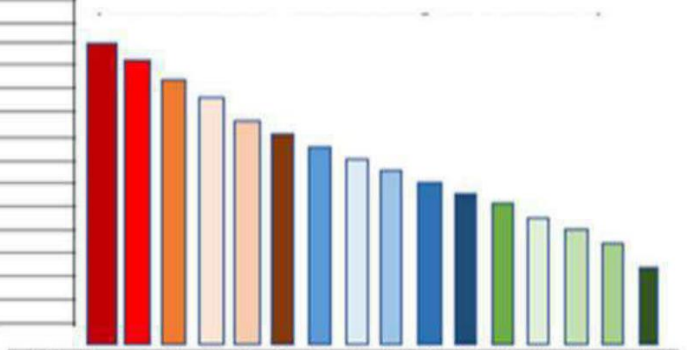
SPOT
Screening Psychosocial Stressors Objectively Test

Report & Analysis

Based On The Data Submitted By The Client, He / She Is Presently Focused On The Below ..... Psychosocial Domains, Which Are Further Arranged In The Descending Order Based On The Psychosocial Domain Stressor Scores And According To The Client Priorities which Are Based On Their Psychosocial Needs.

Screening Psychosocial Domains and Summing All Psychosocial Domain Stressor Scores In Descending Order Of Clients Priority

D.No	Psychosocial Domains
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	



D.No	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Stressor Score																

Sum of All Psychosocial Domain Stressor Scores : .....

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Step 10: In the D. No write the first Psychosocial Domain (which we placed in the descending order based on the above report), the test administrator should read this report like this, based on the data submitted by the client.

[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]

Tick on the word by making a sentence from the above mentioned words and at the end in the psychosocial need write the actual word the client mentioned. And at the end

*Check and Count The No. Of Needs Through Which The Client Is [Learning /Adapting /Getting Motivation /Getting Inspired] To do New Things Or Behavior's , And Place No's In The Below Appropriate Categories

Reading Books ___ Watching Movies / TV Shows/ Others ___ Socializing With Friends and Others___ By Success Stories___ Through Family Members___

SPOT Screening Psychosocial Stressors Objectively Test

Report & Analysis

Based On The Data Submitted By The Client His / Her Future Psychosocial Needs In Detail Page - 1

D.No	Based on the Submitted Data by the Client , He / She	Psychosocial Need
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
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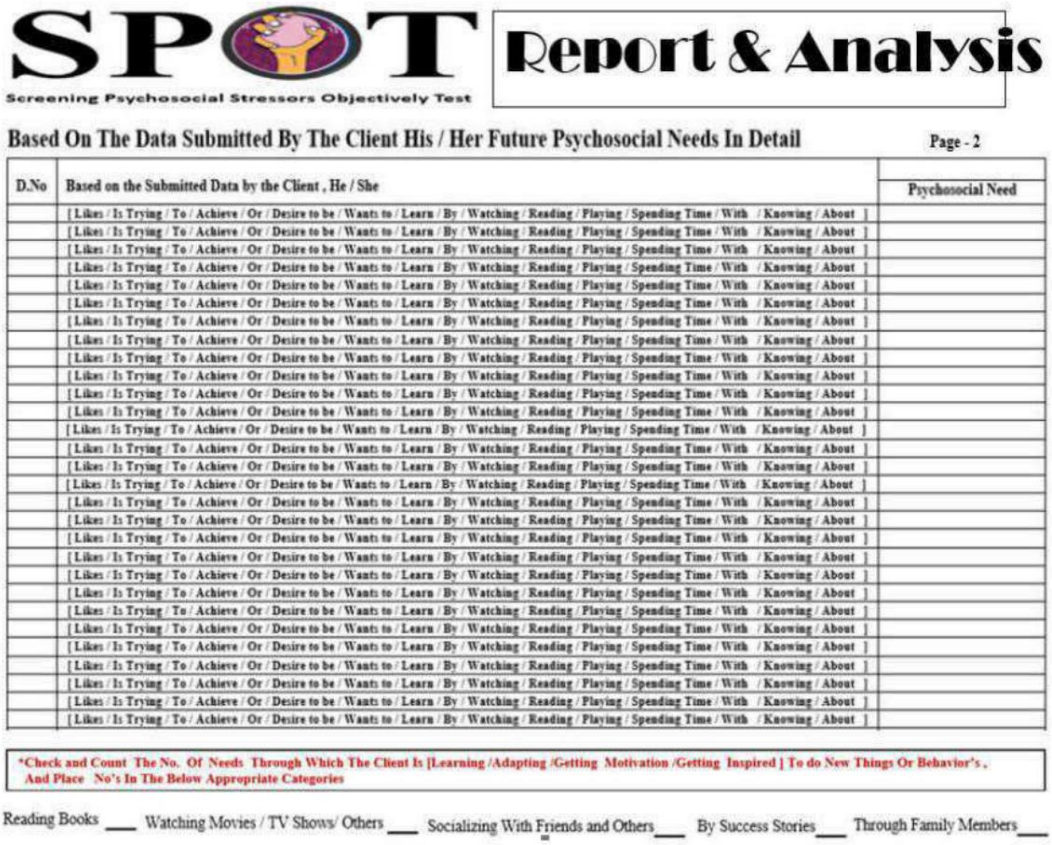

SPOT
Screening Psychosocial Stressors Objectively Test

Report & Analysis

Based On The Data Submitted By The Client His / Her Future Psychosocial Needs In Detail Page - 2

D.No	Based on the Submitted Data by the Client , He / She	Psychosocial Need
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
	[Likes / Is Trying / To / Achieve / Or / Desire to be / Wants to / Learn / By / Watching / Reading / Playing / Spending Time / With / Knowing / About]	
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*Check and Count The No. Of Needs Through Which The Client Is [Learning /Adapting /Getting Motivation /Getting Inspired] To do New Things Or Behavior's , And Place No's In The Below Appropriate Categories

Reading Books ___ Watching Movies / TV Shows/ Others ___ Socializing With Friends and Others___ By Success Stories___ Through Family Members___

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Step 11: In this report the test administrator should calculate the psychosocial stress score and this report is self-exploratory.

SPOT Screening Psychosocial Stressors Objectively Test

Report & Analysis

Based On The Above Psychosocial Domain Stressor Score ,Calculating The Clients Psychosocial Stress Score

Total No. Of Domains = [16]

Sum Of All Psychosocial Domain Stressor Score = [ ]

No. Of Psychosocial Domains Presented By The Client = [ ]

= 16 - No. Of Psychosocial Domains Presented By The Client [ ]

= [ ] , Let This Be Actual Domain No.

Now Subtract ,

Sum Of All Psychosocial Domain Stressor Score = [ ] - [ ] Actual Domain No

= [ ] This Is The Psychosocial Stress Score Of The Client

And As The Clients Psychosocial Stress Score Is ..... , And Based On The Below Stress Table

Range	Stress Level
0 To 13	Normal Stress
14 To 26	Moderate Stress
27 To 50	High Stress

The Client Is Having .....

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Step 12: In this report the test administrator should find out the OCEAN 5 personality traits based on the clients' psychosocial needs and this report is self-exploratory.

SPOT Screening Psychosocial Stressors Objectively Test

Report & Analysis

Based On The Data Submitted By The Client, Screening Of Clients OCEAN 5 Personality Traits, Based On Their Psychosocial Needs

Personality Trait	Description
Extroversion	In this personality trait Clients seek or find their fulfillment from sources outside the self or in community. In this High scorers tend to be very social while the low scorers prefer to work alone.
Agreeableness	In this personality trait Clients Reflects to much in adjusting their behavior to suit others. In this High scorers are typically very polite and like people. And Low scorers tend to 'tell it like it is or as it is'.
Conscientiousness	In this personality trait Clients will be honest and hardworking. In this High scorers tend to follow the rules and always prefer clean homes. And Low scorers may be messy and cheat others.
Neuroticism	In this personality trait Clients will be very emotional.
Openness to Experience	In this personality trait Clients seek new experiences and intellectual pursuits. In this High scorers may day dream a lot. And Low scorers may be very down to earth.

Personality Trait Interpretation

*Sum Up All the Domain Scores Falling in Every Trait

Personality Trait	Domains Falling In These Traits	Trait Score
Extraversion	Love [ ]+ Nature Or Wildlife [ ]+ Friendship [ ]+ Family [ ]+ Comedy [ ]+ Romance [ ]	
Agreeableness	Love [ ]+ Nature Or Wildlife [ ]+ Fantasy [ ]+Family [ ]+Friendship [ ]+ Romance [ ]	
Conscientiousness	Love [ ]+ Fantasy [ ]+Personality Development [ ]+ Planning [ ]+Family [ ]+Friendship [ ]	
Neuroticism	Suspense Thriller [ ]+ Horror [ ]+ Psychological [ ]	
Openness to Experience	Love [ ]+ Romance [ ]+ Philosophy [ ]+ Spirituality [ ]+ Fictional [ ]+ Friendship [ ]+ Family [ ]	

Clients Dominant Personality Trait's Based On Their Psychosocial Needs

PTNo .	Names Of The Clients Dominant Personality Traits In Descending Order
1	
2	
3	
4	
5	

PTNo.	1	2	3	4	5
Personality Trait Score (Descending Order)					

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Step 13: In this report the test administrator should briefly analyze and interpret the client personality based on the previous reports.

SPOT

Screening Psychosocial Stressors Objectively Test

Based On The Data Submitted By The Client

Brief Analysis & Interpretation Of The Clients Personality

❖ **Clients Present Condition :-**

As Per Data Submitted By The Client , The Client Name Is _____ and [He / She] Is Born On _____ And The Client Is _____ Years Old. And The Client Studied Up To _____ And , The Client Is Presently [Married / Un Married / Divorcee / Single] And , The Client is Presently [Studying / Working / Dependent / House Maker]

❖ **Clients Interested Areas :-**

As Per The Data Submitted By The Client , Client May Be Giving High Importance To This Area _____, Followed By _____

❖ **Clients Learning Approaches :-**

As Per The Data Submitted By The Client , Client Is [Learning / Adapting / Getting Motivation / Getting Inspired] To do New Things Or Behavior's Mostly By [Reading Books_____ / Watching Movies Or TV Shows_____ / Socializing With Friends _____ / By Success Stories _____ / Family Members_____]

❖ **Clients Personality Traits :-**

As Per The Data Submitted By The Client , And Based On The Clients Psychosocial Needs Client Might Be Trying To Inculcate These 5 Traits [Extraversion_____ / Agreeableness_____ / Conscientiousness_____ / Neuroticism_____ / Openness To Experience_____]

❖ **Clients Un Pleasant Past Experience's :-**

As Per The Data Submitted By The Client , Client [May / May Not] Have Un Pleasant Experience's , As The Client Had _____ Negative And _____ Neutral View's.

❖ **Clients Thinking Perspective :-**

As Per The Data Submitted By The Client,Client [May Be / May Not Be] Thinking More In The Lines Of [Philosophy_____ /Spirituality_____ /Creativity_____ / Psychologically_____] , And Client [May Be / May Not Be] Using [This / These] As a Coping Mechanism For Getting Relived From The Stress , Which Might Be Caused Because Of [His / Her] Psychosocial Stressors Or Life Events [But / And / Also] [He / She] [May Be / May Not Be] Using [This / These] As a Way For Finding Meaning and Purpose About Life.

❖ **Clients View Towards Life :-**

As Per The Data Submitted By The Client , Client [May / May Not] Have Balanced Positive Out Look Towards Life , As The Client Had _____ Positive _____ Negative And _____ Neutral View's.

❖ **Clients Recommended Skills :-**

As Per The Data Submitted By The Client , Client May Be Recommended To Develop [His / Her] Skills In The Areas Of , [Planning / Socialization / Communication / Relaxation / Self Esteem / Personality Development / Critical Thinking]

❖ **Clients Stress Coping :-**

As Per The Data Submitted By The Client ,Client [May Be / May Not Be] Coping With Stress Effectively , As The Client Got a Stress Score Of _____ Which Means That the Client Is Having [Normal / Moderate / High] Stress , And This Stress Score Is Calculated Based On The Clients Psychosocial Stressors .

❖ **Therapies Recommended For The Client :-**

As Per The Data Submitted By The Client , Client May Be Recommended To Any One Of These [REBT / CBT / SIT / MT / ACT] Therapies , For Improving the Clients Overall Quality Of Life.

****** For Detailed Analysis & Interpretation Of The Clients Present Views Needs Stressors & Traits , Please Go Through The Individual Reports ******

This Report Is Generated Analyzed And Interpreted By _____ On This Date _____

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