



## Adult Psychological Evaluation FAQ

### 1. What is the layout of the psychological evaluation report, and what does each section represent?

**Presenting Problem and Background:** This section provides an overview of the issues or concerns that led to the evaluation, as discussed during the clinical interview. It includes relevant background information, such as medical, educational, and personal history, which helps contextualize the current situation and inform the assessment process.

**Behavioral Observations:** This section details the behaviors and interactions observed during the testing process. It provides insights into how the individual approaches tasks, their level of engagement, and any notable behaviors that might impact test performance. These observations help interpret test results and provide context for understanding the individual's cognitive and emotional functioning.

**Impression:** After administering and scoring the tests, the Impression section synthesizes all the gathered information to form a comprehensive view of the individual's cognitive, emotional, and behavioral functioning. This section integrates data from interviews, observations, and test results to highlight key patterns, strengths, and areas of concern. It serves as a bridge between raw data and diagnostic conclusions.

**Diagnosis (DSM-V-TR):** In the Diagnosis section, any relevant mental health diagnoses are provided, based on the criteria outlined in the DSM-V-TR (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision). This section explains how the evaluation findings align with diagnostic criteria and what it means for the individual's understanding of their mental health.

**Recommendations:** The Recommendations section offers empirically validated strategies and suggestions tailored to the individual's specific needs and evaluation results. It may include therapeutic interventions, lifestyle changes, educational accommodations, or referrals for additional services. These recommendations aim to provide actionable steps to support the individual's well-being and facilitate positive outcomes.

### 2. How were each of the tests chosen for the evaluation?

Tests are selected based on the specific referral questions and the individual's presenting concerns. The evaluator considers various factors, such as age, developmental level, and specific symptoms, to choose tests that will provide the most relevant and comprehensive information. The goal is to ensure that each test is appropriate for addressing the specific needs and questions at hand.

### 3. How is each test interpreted, and what are T-scores, BR scores, and composite scores?

Test results are interpreted using standardized scoring systems. T-scores are standardized scores that indicate how far a score is from the average, typically with a mean of 50 and a standard deviation of 10. BR (Base Rate) scores reflect the frequency of specific responses or patterns in a given population. Composite scores are derived from combining multiple subtest scores to provide an overall measure of a particular ability or trait. Each score type offers insights into different aspects of the individual's functioning, and your evaluator will integrate these scores to form a comprehensive understanding of your abilities and challenges.

4. What is the Full Scale IQ (FSIQ) on the Wechsler scales, and how should I interpret it?

The FSIQ is a comprehensive score that reflects overall cognitive abilities, obtained from a combination of verbal and non-verbal subtests on the Wechsler scales. It provides a general overview of intellectual functioning, but it is important to consider the individual subtest scores and other contextual information discussed during your feedback session with the evaluator to get a fuller picture of strengths and areas for growth.

5. Where do the interpretations of the objective tests come from, and how reliable are they?

Interpretations are grounded in standardized scoring systems that are backed by extensive research and normative data. These scores are reliable indicators of specific abilities or traits when considered alongside qualitative insights from the evaluation. Your evaluator integrates these scores with clinical expertise and other information gathered during the assessment process to provide a nuanced interpretation.

6. What should I do if some of the interpretations of the objective tests don't match my personal experiences or expectations?

Variations between test results and personal experiences can occur due to factors such as situational stress, day-to-day fluctuations, or the specific nature of the tests. Review the Impression and Diagnosis section, which synthesizes all data points, for a holistic understanding. Remember, one test result is part of a larger picture, and discrepancies can often provide valuable insights into individual differences.

7. What if I was expecting a diagnosis but it wasn't given, or I was given a diagnosis but wasn't expecting it?

Diagnoses are based on criteria from standardized diagnostic manuals and a comprehensive evaluation process. If your diagnosis was different from expectations, consider discussing how criteria align with your experiences. It's important to understand that receiving or not receiving a diagnosis doesn't invalidate your experiences or the challenges you face. Your evaluator can help clarify these distinctions and offer guidance on next steps.

8. How should I approach the recommendations section, and what kind of guidance can I expect?

The recommendations section is crafted with empirically validated strategies tailored to your specific evaluation outcomes. These suggestions aim to provide actionable steps that you can take to enhance your well-being and address identified needs. Recommendations may include therapeutic interventions, lifestyle changes, educational accommodations, or further assessments. Engage with these recommendations as part of an ongoing conversation about your progress and needs.

9. Why did the evaluation take the amount of time it did?

The evaluation process is thorough and involves multiple steps, including scheduling, conducting interviews, administering tests, scoring, and integrating results into a comprehensive report. Although it might seem lengthy, completing this process in less than two months is efficient, especially when compared to the average wait time of 18 months in the DFW area. This timeframe ensures that each aspect of the evaluation is carefully considered to provide the most accurate and helpful insights.

10. How does the evaluation impact my daily life or treatment plan?

The evaluation serves as a roadmap to understanding your cognitive, emotional, and behavioral profile. It can inform treatment plans, educational accommodations, or workplace adjustments, providing a basis for targeted support. It's a collaborative tool to aid in personal development and effective planning.

11. Is the evaluation a complete assessment of my abilities and future potential?

The evaluation provides a snapshot of your functioning at the time of testing. It is not an absolute measure of your capabilities or potential. Factors such as stress, health, and environment can influence results. While the evaluation offers valuable insights, it's one part of a broader understanding of your development over time.

12. What should I do if I have more questions or need further clarification?

It's natural to have questions after an evaluation. You are encouraged to reach out to your evaluator for further clarification or to address any concerns. Continuous communication ensures that you fully understand your evaluation results and can make informed decisions about your next steps.

13. How is my privacy protected throughout this process?

Your evaluation and results are confidential, in accordance with privacy laws and ethical guidelines. Information is shared only with your consent or as legally required. Discuss any privacy concerns with your evaluator to understand the specifics of confidentiality related to your evaluation.

14. What can I do if I want a second opinion?

Seeking a second opinion is a valid choice if you have lingering questions or need additional perspectives. Discuss your intention with your current evaluator, who can assist you in finding another qualified professional and ensure that your information is accurately transferred.