Case study of Psychological Assessment

[Pick the date]

Question 1.

The psychological test scores of EVA Ward are shown below:

WAISIV Scores of Eva Ward

Scaled Score & Percentile

Subtest	Scaled Score	Rank (r)	Percentile (r/N*100)
Block Design	7	2	20
Similarities	13	6	60
Digit Span	6	1	10
Matrix Reasoning	11	4	40
Vocabulary	12	5	50
Arithmetic	6	1	10
Symbol Search	7	2	20
Visual Puzzles	9	3	30
Information	13	6	60
Coding	9	3	30

Composite Scores & Percentile Rank

Index	Sum of Scaled Scores	Composite Score	Percentile Rank	Confidence Interval (95%)
Verbal comprehension	38	VCI = 114	82.5%	109-118
Perceptual reasoning	27	PRI = 93	32%	87-100
Working memory	12	WMI = 78	7.1%	74-85
Processing speed	16	PSI = 86	17.5%	80-95
Full-scale	93	FSIQ = 100	50%	97-103

Fig 1.

The rank of individual scaled score is obtained by rearranging the data series in ascending order (i.e., from lowest to highest score). Here the lowest scaled score is 6 and therefore, its rank will be 1. Similarly rank of score 7 is 2 and so on. N= total number of scores =10. Therefore, percentile of the scaled score 7= 2/10 *100 = 20% or 20.

Here verbal comprehension index (VCI) includes similarities, vocabulary and information. Therefore sum of the scaled score of VCI = 13+12+13= 38. Similarly perceptual reasoning index (PRI) includes Block design, matrix reasoning and visual puzzles and the sum of scaled score of PRI = 7+11+9=27

The working memory index (WMI) consists of digit span and arithmetic and processing speed index (PSI) includes symbol search and coding.   The percentile rank is obtained by entering individual composite score of each index in IQ score field of the online calculator https://www.omnicalculator.com/health/iq-percentile

VCI index is used to assess the information processing ability of a person in his/her memory. It also indicates knowledge of a person about a field or subject (Holdnack, 2019). The VCI score of Mrs. Eva is 114 which is high average.

PRI index reveals the visual interpretation ability of a person. It also indicates thinking level of individuals. Individuals with high PRI score are proficient in collecting clues and information from drawings, images and wallpapers. PRI score of Miss Eva is 93 and it is considered to be as average.

WMI measures both verbal and non-verbal communication skills of individuals. It indicates the mental ability of a person to manipulate information from visual or verbal source materials (Borella et al., 2020). The WMI index of the patient is 78 that falls in the borderline of intellectual IQs.

PSI index measures the swiftness or speed of human mind in processing of text or visual data. It indicates information processing ability of individuals. The PSI index of Mrs. Ward is 86 which is low average.

The Full scale index (FSI) of Miss Eva is 100 that indicate average intellectual ability.

DASS 42 Score of Eva Ward

SET 1

DASS Question no.	Subset	Scoring Template Unified score	Total D score	Total A score	Total S score
1	S	3			
2	A	2	2	4	3
3	D	2			
4	A	2			
5	D	3	3	6	5
6	S	2			
7	A	3			
8	S	3			
9	A	3			
10	D	3	6	0	6
11	S	2			
12	S	3			
13	D	3			
14	S	1			
15	A	2	5	4	2
16	D	2			
17	D	3			
18	S	2			
19	A	2			
20	A	3	2	3	0
21	D	2			
Total		51	18	17	16

Fig 2.

DASS 42 Score of Eva Ward

SET 2

DASS	Scoring Template				
22	S	2	3	5	2
23	A	2			
24	D	3			
25	A	3			
26	D	3	3	5	4
27	S	2			
28	A	3			
29	S	2			
30	A	2			
31	D	2	5	0	5
32	S	1			
33	S	2			
34	D	3			
35	S	2			
36	A	3	4	6	3
37	D	2			
38	D	2			
39	S	3			
40	A	3			
41	A	2	2	2	0
42	D	2			
Total		49	17	18	14

Fig 3.

DASS 42 is the psychological scale to measure the level of psychological stress such as stress, depression and anxiety of people (Srinath et al., 2022). The depression and anxiety scores of Eva is 35 that indicates her mental condition as very severe. Her stress score is 30 that falls in the severe category. Her DASS-42 score is 100 that indicate her mental stress level is very high. To sum up the psychological test results, it can be said that Ms. Ward does have average cognitive ability. However, her emotional state is in critical state. It also appears from her case study that her academic performance has been average since her childhood. Due to her average cognitive ability, she has to struggle very high for getting admission in the Australian university. However, her stress and anxiety levels are very high and she is not confident of completing her degree course.

Question 2.

The WAISIV test results of Mrs. Eva indicate her critical psychological condition. Her WMI and PSI scores both indicate a sharp decline in her cognitive ability. The FSI score of 100 means that she does have average understanding of visual or text information. Her thinking skill is at the lowest level and this is the area where her therapist should focus on during therapy session. VCI scores of many individuals fall in the borderline of IQ level for the reason that people usually commit pronunciation mistakes during conversation with examiner or therapist. However, the usual practice of scoring should be to bypass the grammatical or pronunciation errors in the verbal responses of examinee. The percentile value of Mrs. Eva's vocabulary subtest is 50 that indicate she has average skills about word vocabulary. Mathematically, it means that nearly 50% people have vocabulary skills less than or equal to her on a normal distribution curve (90% or 95%).

The DASS 42 scores of Ms. Ward point out that she has been suffering with acute depression and anxiety disorders. Both are an indication of deteriorating mental health of a person and should be treated with both psychotherapy and pharmacotherapy. The most suitable psychotherapy in the Eva's case is cognitive behavioral therapy. She told during her clinical examination to psychotherapist that her parents are not very close to her and her father expected good performance from her in academic studies. She has been very shy, fearful and depressed in her childhood period. Her married life too is strained due to several factors such as her emotional and mental condition and non-cooperation of her husband. She also complained about

unwillingness of her husband to know about her worrisome mental health during her interview with psychologist. There may be some other causes also behind her strained married relationship such as non-cooperation of the husband. The past illness history, medication of Mrs. Ward and her relations with her other family members and friends should also be provided for getting more accurate psychological assessment of her mental situation. According to Michaelides & Zis (2019), many people with abdominal pain, cardiac disorders and obesity also develop anxiety or depression syndrome. However, with proper medication and healthcare, people can eliminate their anxiety disorders to a significant scale. Person with intellectual disability is generally disregarded and rebuked by others in the society. This social hatred with person having mental health issues may further aggravate the psychological disorders of a person. This also appears from the case study of Mrs. Eva Ward when she had also developed suicidal tendency in her school time. For a more precise WAISIV test interpretation, scoring rules for all subtests such as similarities, vocabulary and block design must be provided. There might be errors in collection of a person's scaled or raw scores and it depends on the skills and education of an examiner collecting the data. More accurate psychometrics outcomes and interpretation of Eva's mental health may be extracted if she is further examined in a psychology clinic.

WAISIV IQ LEVELS and CLASSIFICATION

Intelligence Quotient (IQ)	Percentile	Classification
130+	98-99.9	Very Superior
120-129	91-97	Superior
110-119	75-90	High Average
90-109	25-73	Average
80-89	9-23	Low average
70-79	2-8	Borderline
69 & below	.01-2	Intellectual Disability

DASS-42 score ratings

Depression	Anxiety	Stress	Ratings
0-9	0-7	0-14	Normal
10-13	8-9	15-18	Mild
14-20	10-14	19-25	Moderate
21-27	15-19	26-33	Severe
28+	20+	34+	Highly Severe

Fig 4.

Question 3.

A person with intellectual deformities usually has high emotional state of mind and may react unexpectedly to negative things such as poor psychological test scores. Therefore, psychologists must follow certain ethical considerations in presenting the psychometrics results to persons with mental disorders. There are certain code of ethics for psychological assessment and application of test scores that must be followed by mental health professionals. A psychologist before conducting assessment tests of a person must be aware of his/her socio-cultural background,

ethnicity and language. Therapists should inform about the types of psychotherapy being offered by them to their clients. In case, client is suffering with severe mental trauma that has incapacitated his/her overall cognitive ability, therapist should provide the pertinent information to the friend or family member of the client. The psychological test scores of a person with mental illness must be stored on a secure server such as Google Drive. A therapist should also convince clients about confidentiality of therapeutic data (Lindelauf, 2022). The purpose of the psychological assessment and its duration should also be disclosed to the patients. A psychiatrist provides numerous therapy services by using best of his/her education and skills and strictly adhering to the jurisdiction limits of psychological services. An ideal psychological assessment should also include assessment of past test data, if available. An appropriate scoring methodology based on the patient's situation should be applied for competent psychological evaluation. The assessment report should be provided in a simple language that is easily comprehensible. The psychologists should also monitor reliability of a test under different clinical environments. Moreover, the psychologists must deny the access of clinical data of patients to any third party.

The assessment and interpretation of Eva's psychological tests states that she has developed multiple symptoms of anxiety and depression. From her case study, it also appears that she has been influenced by fear factor since her childhood and she quite often develops panic mood without any reason at her young age. Psychologist should therefore, inform Mrs. Ward about confidentiality of her psychological assessment and its storage location and duration. The positive assessment of the psychological tests should be revealed first to Mrs. Eva. The critical assessment of the tests should be explained to her by psychologist with some recommendations. She is a patient of multiple mental disorders and at one time also attempted to suicide. Therefore, she is recommended cognitive behavioral therapy (CBT) for some period. Regular CBT sessions can rectify the behavioral changes in her to normal level. Secondly, she should also be prescribed mood stabilizers and anti-depressants. In critical cases, clinicians recommend two or more antidepressants for the patients. Patients also suffering with heart disease, stomach pain and other diseases are recommended to take antidepressants such as SSRIs in combination with medication for other known ailments. The medication dosage for her can be determined by the physician on the basis of her clinical examination. She has been an average student since her school times and experiencing difficulty in pursuing her degree course. Therefore, she is also

recommended for regular meditation and yoga exercises that will help her in concentrating mind towards studies.

Question 4.

The DASS 42 scale is the self-reported assessment of three psychological factors anxiety, depression and stress of a person. This scale is designed to assess the stress, anxiety and depression level of a person using a questionnaire of 42 questions answered by him/her. A short version of DASS scale i.e., DAS 21 is also available for examination of core psychological factors of people. The only difference between the two versions of DASS is that DASS 21 uses a questionnaire consisting of 21 questions. The DASS scores help psychotherapists and clinicians in understanding the current psychological condition of a person. Both versions are highly reliable in psychological assessment of individuals (Widyana & Sumiharso, 2020). The clinician after examination of a person with mental disorders should decide on recommending DASS 42 or other psychological tests for him/her. There are also other psychological tests such as Zung Self-rating Anxiety scale (ZSAS), Generalized Anxiety Disorder Scale (GADS) and Beck Depression Inventory (BDI). Most of the psychological assessments are based on structured questionnaire and that should be filled by the clients (Fenn, Tan & George, 2020). The main objective of the psychological testing is to examine the client for existence of known mental health disorders. The psychological tests are also designed to assess the changes in mental health condition of a person over the period of time. If the test outcomes suggest significant behavioral alteration in a person, that must be reported to healthcare professionals for further diagnosis and treatment.

Eva's DASS evaluation report indicates that her depression and anxiety level is very severe. Her stress condition is also not average. Based on DASS 42 scores, she should be immediately sent for further clinical examination. However, her case study portrays somewhat different story. She has been average student since her school time and also failed in second year degree examination. Currently, she is working as part time salesperson in a departmental store and she is now actively considering quitting her college studies and working on full time basis. This means she does not have severe depression symptoms. She is unhappy probably due to loneliness and non-cooperation of her parents and husband. She relocated to a new town two years back where she pursues her college study. She avoids socializing with people and prefers living alone.

Her married life too is not successful mainly due to her self-centric attitude. All these events indicate that she has some specific type of mood and anxiety disorders. However, her interview report does not fully corroborate the DASS 42 scale results. Therefore, Ms. Ward should be evaluated also on a different psychological scale such as GADS for a clear assessment of her mental health condition. The GADS questionnaire consists of 7 questions, and the interviewee has to choose one answer from the set of four for each question. However, scoring rules of both DASS 42 and GADS-7 are nearly same. DASS is a comprehensive screening tool for making clinical decisions on mental health condition of a patient. It has nearly 98% accuracy rate in most of the clinical trials. Therefore, next round of DASS test of Miss Diva may yield more accurate results about her psychological condition.

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