SwastiVishwa Behavioral and Social Sciences Institute Foundation
Transforming Individuals, Organizations and Communities

FAQ - Psychological Assessment

What is Psychological Assessment?
Psychological assessment comprises of using standardised tools for screening, diagnosis or evaluation of thoughts, emotions, behaviours, personality, intelligence, aptitude etc. to determine interventions or course of treatment to help the client. It does not require a person to visit a specific lab and get the tests done. These assessments don't require a person to prepare for anything.

Why is Psychological Assessment important?
Psychological Assessments provide insights to the clients regarding their psychological functioning and/or mental health needs. They help the psychologists to better understand the client's problem, and arrive at an accurate diagnosis and develop a treatment plan.

What is the process of Psychological Assessment?
A psychologist takes a case history of client to understand which areas need to be assessed. Accordingly, a battery of tests, screening tests, checklists etc. are administered to the client and scoring and interpretation is done. The psychologist then discusses the varied factors assessed through the test with the client and gives diagnosis and treatment. A psychological test can be a simple paper pencil test or performance test where the client is asked to perform small tasks for e.g. solving puzzles.

Do we need to prepare for any assessment or screening test?
No preparation is required for these tests.

Do we need to prepare our child for IQ testing?
IQ testing doesn't require your child to go through any study material.

What I can expect after the assessments are done?
After the assessments are done, clients can expect an accurate diagnosis of their problem and a treatment plan which can help to reduce the client's concern.

What is the duration of the assessment session?
Depending upon the test and client's problem, an assessment can take anywhere from 15 minutes to couple of hours.

What is the cost of these assessment?
Depending upon the type of tests and checklists used, the cost may vary.