Quick Study: Psychological Tests

Psychological Tests

- Generally administered, scored, and interpreted by psychologists or trained administrators in order to assess an individual's cognitive and emotional health.
- Intelligence and achievement tests can be used as tools in school placement, diagnosing learning disabilities or developmental delays, and tracking intellectual development.
- Personality tests can be used to diagnose psychopathology, screen job candidates, and determine personality strengths and weaknesses.

Wechsler Adult Intelligence Scale—Fourth Edition (WAIS-IV)

**How it's administered:** The WAIS-4 is an adult (ages 16+) intelligence scale that is individually administered by a test administrator and takes 90 to 120 minutes. It includes 10 core subtests, and 5 supplemental subtests.

**What it measures:** The test measures one’s cognitive ability or intelligence reflected in verbal and performance abilities. The test assesses four major components of intelligence: verbal comprehension, perceptual reasoning, working memory, and processing speed.

Rorschach Inkblot Test

**How it's administered:** The test administrator presents ten abstract inkblot images—black, red and black, or multicolored—and asks the subject what he or she sees along with any free-association thoughts. This is followed by the inquiry phase where the inkblots are showed again in a specific order where the subject is asked to note what he or she originally saw and what makes it look that way.

**What it measures:** This test is used to assess personality characteristics and any underlying thought disorders among children and adults.

Thematic Apperception Test (TAT)

**How it’s administered:** This projective test is given in two approximately 60 minute sessions set one day apart and is designed for individuals age 5 and over. The test administrator shows subjects a series of ambiguous human figure scenes and asks the subject to make up stories about what he or she sees.

**What it measures:** The TAT is commonly used to assess personality and analyzes the stories to gain insight into the subject’s view of the world and attitudes towards the self and others.
Minnesota Multiphasic Personality Inventory-2RF (MMPI-2RF)

**How it’s administered:** The MMPI is a 40-90 minute objective test used only with adults. The test asks the subject to answer around 550 true or false statements, depending on the version of the test being used.

**What it measures:** This test is used to assess psychopathology and personality characteristics. The MMPI consists of clinical scales 0 through 9 which include: 0 social introversion, 1 hypochondriasis, 2 depression, 3 hysteria, 4 psychopathic deviate or measuring one's need for control and respect for society’s rules, 5 masculine/feminine behaviors or interests, 6 paranoia, 7 psychasthenia or anxiety levels and tendencies, 8 schizophrenia, and 9 hypomania.

Millon Clinical Multiaxial Inventory-IV (MCMI-IV)

**How it’s administered:** The MCMI-IV is a 175 true or false question self-report instrument, used only with adults.

**What it measures:** The test is designed to assess DSM-5 related disorders. The test measures 15 personality scales (Schizoid, Avoidant, Melancholic, Dependent, Histrionic, Turbulent, Narcissistic, Antisocial, Sadistic, Compulsive, Negativistic, Masochistic, Schizotypal, Borderline, and Paranoid.), and 10 clinical syndrome scales (Anxiety, Somatoform, Bipolar: Manic, Persistent Depressive, Alcohol Use, Drug Use, PTSD, Thought Disorder, Major Depression, and Delusional Disorder).

Beck Depression Inventory-Second Edition (BDI-II)

**How it’s administered:** The BDI-II is a 21 question self-report inventory, used with individuals 13 and older.

**What it measures:** The test is used to measure the severity of depression and is composed of items relating to symptoms of depression. This includes hopelessness, irritability, feelings of guilt or of being punished, thoughts of suicide, and physical symptoms such as fatigue, weight gain or loss, and a lack of interest in sex.

Mini Mental State Exam (MMSE)

**How it’s administered:** The MMSE is a 10-minute questionnaire completed with an individual by a test administrator. The MMSE includes simple questions in a number of areas, such as the time and place of the test, repeating lists of words, arithmetic, language use and comprehension, and basic motor skills.

**What it measures:** The test is used to screen for cognitive impairments, commonly dementia. The test measures cognitive functions including memory, attention and calculation, language abilities, visuospatial ability, and orientation.