

Psychological tests and assessment

A psychological test is an instrument designed to measure unobserved behaviour. Psychological tests are typically a series of **tasks** or problems that the **respondent** has to solve. They can resemble questionnaires, but differ in that psychological tests ask for a respondent's maximum performance whereas a questionnaire asks for the respondent's typical performance.

Psychological **assessment** is similar to psychological testing but usually involves a more comprehensive assessment of the individual. The process involves the integration of information from multiple sources, such as tests of normal and abnormal personality, tests of ability or intelligence, tests of interests or attitudes, as well as information from personal interviews. Collateral information is also **collected** about personal, occupational, or medical history, such as from **records** or from interviews with parents, relatives, teachers, or previous therapists or physicians.

A *psychological test* is only one of the sources of data used within the process of assessment.

Many psychologists do some level of assessment when providing services to clients or patients such as the diagnosis of a malfunctioning or mental disability in order to select the appropriate treatment.



assessment: *valutazione*
to collect: *raccogliere*
record: *(qui) testimonianza*

respondent: *intervistato/a*
task: *compito*

1 **Visit the webpage Self Tests of the online magazine Psychology Today and discuss with a partner.**

Self Tests posted by Psychology Today

1. Which tests would you like to try? Why?
2. Which area/s would you like to explore? Career, personality or relationships? Why?

2 **Try a personality test for free.** **Big Five Personality Test** posted by Today

The test will take 25 minutes.

It is based on the most popular personality tests and can provide an assessment of your personality. After finishing the test, you will receive a free report with a summary evaluation and graph.

However, remember that the test is intended for information and entertainment purposes only. It is not a substitute for professional diagnosis or for the treatment of any health condition.

3 **Personality is described as a combination of 5 factors: openness, conscientiousness, extroversion, agreeableness and neuroticism. Visit this website and write a short definition for each of these factors.**

The Big Five Personality Model posted by Truity

1. openness:
2. conscientiousness:
- 3 extroversion:
4. agreeableness:
5. neuroticism: