

## **Psychological Assessment Summary**

Tanya Bray

Department of Mental Health Counseling, Alliance University

GCN 602: Measurement and Assessment

Dr. A'tasha Christian

March 10, 2023



mathematics disorder diagnosis. Speed and accuracy tests showed evidence of ADHD. No impairment was found in language, visuospatial abilities, primary retentive memory or reasoning, planning or response inhibition although client showed some issue with learning an attention-demanding word list and problem solving.

Client's personality test showed she may exaggerate difficulties in her life, physical or psychological, she lacks self-confidence, is insecure, and shy and yet is at other times extroverted and impulsive. This adds to the need to explore bi-polar disorder. The administration of the Beck anxiety inventory showed a severe result and Beck Depression Inventory however was moderate not reaching a level that warrants intervention. The test results appear to show exactly what the client reported, although further investigation needs to be done to complete a clearer diagnosis of ADHD, Bipolar and generalized anxiety disorder.

### **Client History:**

Client reports history of turmoil including moving often as a child, and being bullied although her family differs in their interpretation. Client also self-reports experiencing anxiety and depression since her teens and that medication helps to some degree. She reports two suicide attempts. Client appeared to harbor feelings of abandonment against her brother and has unresolved issues around him as shown by her stating "he's disappointed in me." Client currently lives with her boyfriend and expressed a desire to have children with him despite her current mental state including bulimia and alcoholism. Client showed child-like behavior and regression in past sessions as well as sexualized behaviors. Client also has irregular menstruation.

### **Clinical Summary and Recommendations:**

It is recommended the client first see her physician for a physical and discuss any side-effects of the medications she is on along with discussing this with possible psychiatrist.

Most test results were inconclusive taken alone but they indicate the need for further study. The MMPI showed significant introversion and extroversion levels possibly indicating emotional instability. The WAIS found some anxiety but it was unclear if this was simple test taking. Client has a history of poor math testing which could be where this test anxiety originates. The possibility of ADHD indicated also indicated by speed and accuracy tests. Comorbidity is frequent between anxiety disorders and bulimia and environmental stress. Connections have also been found between bulimia nervosa and irregular periods, depression, bipolar disorder, misuse of alcohol, self-injury and suicide. In other words, client exhibits typical co-occurring symptoms.

Studies have shown a three-prong approach of "imparting information, learning coping skills, and exploring interpersonal relationships" to be highly successful with eating disorders along with weekend retreats and group therapy (Yalom & Meszycz 2020). Dialectical Behavior Therapy should also be considered since positive results have been found with appetite monitoring (Cormier et. al., 2017). Involvement in Alcoholics Anonymous or Overeaters Anonymous as a way to improve social connections and lessen social stigma of both of these disorders (Yalom et al., 2020). The results of the client's personality test indicate she may be resistant to change believing the problems she is facing are because of other's behaviors. Motivational interviewing has shown great results in this area by focusing "attention on the gap between the client's preferred way of being and their actual behavior," (Yalom et al., 2020).

## References

Cormier, Sherry; Nurius, Paula S.; Osborn, Cynthia J.. Interviewing and Change Strategies for Helpers (p. 27). Cengage Learning. Kindle Edition.

Yalom, Irvin D.; Leszcz, Modyn. The Theory and Practice of Group Psychotherapy (p. 147). Basic Books. Kindle Edition.