

Psychological Assessment Report

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Background Information

Anna: is a 24-year-old white female, that identifies as straight CIS-gender. She is unemployed, a college graduate, and was referred by Dr. R.N. for concerns about attentional functioning. Anna appeared self-aware and insightful during the initial meeting. She lives in Newark, NJ, and relocated to Baltimore, MD with her family at the age of 12. She isn't married and has no children yet, but has hopes with a live-in boyfriend in the span of two years. Anna reported that she grew up in a hostile, and unstable place in Maryland. Sought treatment for anxiety and depression, both improved with medication, and complains of attention and concentration deficiency. According to her historical findings, she's identified feelings of abandonment, and inferiority accompanied by suicidal attempts, eating disorder, alcohol dependency, manic-like symptoms and possibly diagnosed with bipolar disorder, but there's no significant family history of this disorder.

Evaluation Method:

There was a review of her records and a clinical interview. A cognitive Assessment was done which consisted of (reasoning, memory, verbal, perception, and mathematical skills ability, problem-solving, reading comprehension, and true or false). This assessment is designed to estimate the client's mental processes and can be administered via paper, pencil, or electronically. An evaluation was also administered using the Selective Attention Test, Stroop Color Word Test, Wisconsin Card Sorting Test, and Personality Assessment. These assessment tests are geared toward testing the neuropsychological ability to inhibit cognitive interference that may occur when processing a specific stimulus. These assessments are used with Anna to

measure her attention capacity and skills, along with processing speed and executive processing abilities.

Interpretation of Assessment Information

- Cognitive ability – Anna’s cognitive functioning is within the average range based on verbal and non-verbal areas on the WAIS-IV, and a mild weakness was noted on several subtests.
- Achievement – With math being an area of weakness, Anna scored in the expected range for spelling, reading, and sentence comprehension.
- Information Processing – attention – Anna’s scores on attention and working memory were fluctuating within the average range. On the selective attention test, her performance in the areas of speed was consistent with an individual with ADHD at the 0.01 level.
- Language: Anna’s speech was fluent and satisfactorily articulated; no indication of auditory impairment
- Visuospatial abilities – There is no evidence of reduced awareness of stimuli on one side (left side) of space.
- Memory – No primary tenacious memory problem; however Anna did have an impairment in learning an attention-demanding word list. No indication of a retentive memory.
- Executive Functioning – Planning, reasoning, and inhibition response were all intact. There was a little impairment in problem-solving on the WCST due to set errors.

Behavioral Observations

- Anna was alone, and on time for her appointment. She was casually dressed and neatly groomed, and her social skills were pertinent. She was cooperative throughout the evaluation, with no indication of depression, but she was highly anxious at the beginning of the evaluation, and her anxiety negatively impacted her performance on some measures.

Counseling Goals – The counselor would recommend 11 to 12 sessions of CBT to work on adopting coping strategies, managing negative expectations and emotions, and unwinding behavioral patterns.