

## **Peer Assessment Clinical Report**

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### **Referral and Purpose of Evaluation**

Client is seeking evaluation due to her feeling that she is beginning to “lose control of my life” through procrastination. Client states she has always been a procrastinator but has not experienced negative consequences that would motivate her to change. However, at this time in her life her habits of procrastination have been affecting her job, schooling, family life as well as personal relationships in all three areas.

### **Behavioral Observations**

#### ***Description of Client***

Client is a 29-year-old female. She was appropriately dressed and appeared under some stress when she discussed the reason for her attending this appointment. Client was open to probing questions, introspective and appeared motivated to change behaviors.

#### ***Mental Status Examination***

The client was steady and straightforward throughout the interview often with good eye contact. Speech was measured and speech rhythm was appropriate. No thought disorder was observed. Client’s mental capacity and thought content showed no concerns. Client was oriented times three. No memory issues were observed. Client was able to complete math calculations and subtraction by 7s. Cognizance and application of ideas were good. No delusions were apparent. Insight and judgment were excellent.

### **Background Information**

Client is a 29-year-old Latina living in Queens, New York with her mother, stepfather, older brother, adopted younger brother, maternal grandmother, two foster children and her foster sister’s daughter. Her father is married and lives in the Dominican Republic which is also the

culture the client identifies with the most. Client reports her family has a very strong work ethic. She was raised to be a hard worker along with her siblings. She cannot identify any other relatives who have problems with procrastination. Client reports no significant mental health issues in her family where anyone has received professional help or “seemed mentally out of the ordinary.”

Client reports a possible history of ADHD. She reports she was always hyper, could not settle down and could not sit down for periods of time. Client reports periods of her life when she had large friend groups or socially active friends where procrastination was more of a problem. Client is currently enrolled in an online Master’s program. No legal history, offender issues, victim issues, or substance use was reported.

### **Risk Factors**

Client reports procrastinating “as long as I can remember.” She reports not caring about the repercussions she received and so never felt the need to change. She reports always feeling as though she has had good time management skills, but recently has realized she does not. She reports she “relies on intellect instead of being on time.”

Client has been fighting to be conscious of her habits and raise awareness of her tendency to procrastinate. She reports she is “calling myself out on it.” She has begun to try to do things in a timely manner and give things the time they require. In addition she has been trying to be aware of when she is taking too much on when she doesn’t have the time. She has been trying to focus on today to relieve the pressure she puts on herself for tomorrow.

Client reports her Master’s program has really brought in to focus how much she tends to procrastinate. She fights the feeling that she doesn’t have enough time and has no space for

leisure. Client finds herself using the excuse of needing to relax instead of getting to responsibilities. Client has found that the only consequence that causes her to change is grades.

### **Evaluation Method**

The Irrational Procrastination Scale Assessment was administered online in a virtual session, given by this counselor.

Procrastination can manifest itself in many areas of life including money (large credit card debt), health (scheduling routine physicals or following up on troubling test results), or even answering emails or texts. Assessments have sought to focus on avoidance, arousal distinction and decisional but have found that procrastination is solely an irrational delay (Piers, 2010). This counselor used the Irrational Procrastination Scale for this reason. Frode and Svartdal (2017) have shown this scale to be valid when measuring mental attributes and statistically more significant than other scales. Studies have also shown the Irrational Procrastination Scale has a “high level of reliability, good content validity, structural validity and substantive validity” (Shaw & Zhang 2021). Studies have also shown the assessment to be valid across cultures and genders (Shaw & Zhang 2021) (Frode & Piers 2017).

### **Results Summary and Interpretation**

Client scored a 38 on a scale of 9-45 indicating a high indication of detrimental procrastination, the highest bracket in the assessment (See Appendix A). Client reports believing the consequences of her behavior are not dire enough to overrule the positive reinforcement she gets from doing other things. Client’s test results show her behavior is more extensive than she believes. Test answers also indicate however, client is discerning around her behavior and is honest with herself around what is causing her procrastination and how it is effecting her daily life. Given that 20-30% of the general population identifies themselves as having procrastination

issues whereas students are at 50%, life circumstances would indicate client's issues will lessen when she graduates school in two years in addition to any changes the client makes through counseling (Shaw & Zhang 2021). Assessment and interview leads this counselor to believe client's prognosis is good despite the high test result.

### **Recommendations and Summary**

The efficacy of internet-based CBT for procrastination has been shown to be significant and in line with the changes for depression, panic disorder, social anxiety disorder, and generalized anxiety disorder (Rozenal et al., 2015). Client will begin using two apps, Productive – Habit Tracker and AvocaDO – Time and Focus Keeper, and report back which app appears to have the best success for her. Further sessions will focus on Motivational Interviewing in an effort to work on developing rational mindsets around the consequences client experiences due to procrastination. Group therapy for procrastination has been recommended and is starting 5/1/2023 at Langston Hall. Client has appointment to meet with leader 4/17/2023 at 7pm.

This counselor met with the client and went over the recommendations of this assessment. The client stated, "This assessment showed me my procrastination was worse than I realized." Client downloaded two apps to begin working on her procrastination.

### **Personal Reflection**

The Irrational procrastination scale assessment was a useful tool simply because it is an outside objective measurement that can help clients lower their defenses and honestly look at their behaviors. Given the nature of irrational thought that is pervasive when it comes to procrastination, this outside measurement is vital. This idea of using assessments to lower defenses can be used across evaluations for other issues as well. Researching the background of the test gave in depth information that was important for me to have in order for the client and

myself to fully understand what was being tested and if it was reliable and valid. I found that I was able, with the research I did, to understand the idea behind the test and help my fellow student understand it as well.

I was actually disappointed when my classmate chose this assessment because it seemed so basic. I thought, “do I really need a test to tell me if someone procrastinates?” But oddly enough this was an excellent example for me in that it took my biases out of the picture. I know removing bias is an important part of counseling and honestly didn’t even realize I had the bias of relying on my own experience until after participating in this exercise. While intuition is important, it should not be used without scientific research where possible.

The experience I now have with assessment has shown me I will definitely need to build a database of free and paid tests that have been shown to be valid and reliable across cultures, sexual orientations, races, age, gender, religion, disability, and economics. This exposure has also shown me how important it is to remain involved in the American Counseling Association to stay current on assessments and research. My 15 sessions of individual counseling was with a psychologist who did not remain current and it showed. In order to be the best I can be, I will be utilizing assessments throughout my time as a counselor.

## References

- Frode S & Piers, S. (2017). Irrational Delay Revisited: Examining Five Procrastination Scales in a Global Sample. *Frontiers in Psychology*, 8. <https://doi.org/10.3389/fpsyg.2017.01927>
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- Rozental, A., Forsell, E., Svensson, A., Andersson, G., & Carlbring, P. (2015). Internet-based cognitive—behavior therapy for procrastination: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 83(4), 808–824. <https://doi.org/10.1037/ccp0000023>
- Shaw, A., & Zhang, J. J. (2021). A Rasch Analysis of the Irrational Procrastination Scale (IPS). *Frontiers in psychology*, 11, 615341. <https://doi.org/10.3389/fpsyg.2020.615341>

## Appendix A

### Irrational Procrastination Scale

#### Procrastination Quotient

Note that questions 2, 5, and 8 are scored in the opposite direction from the other items.

Very Seldom or Not True of Me	Seldom True of Me	Sometimes True of Me	Often True of Me	Very Often True, or True of Me
1. I delay tasks beyond what is reasonable.				
1	2	3	4	5 X
2. I do everything when I believe it needs to be done.				
5	4 X	3	2	1
3. I often regret not getting to tasks sooner.				
1	2	3	4	5 X
4. There are aspects of my life that I put off, though I know I shouldn't.				
1	2	3	4	5 X
5. If there is something I should do, I get to it before attending to lesser tasks.				
5	4	3 X	2	1
6. I put things off so long that my well-being or efficiency unnecessarily suffers.				
1	2	3	4 X	5
7. At the end of the day, I know I could have spent the time better.				
1	2	3	4	5 X
8. I spend my time wisely.				
5	4	3	2 X	1
9. When I should be doing one thing, I will do another.				
1	2	3	4	5 X

#### Total Score

#### Score Compared to Everyone Else

19 or less You are in the bottom 10% Your mantra is "first-things-first"

20–23 You are in the bottom 10–25%

24–31 You are in the middle 50% Average procrastinator

32–36 You are in the top 10–25%

37 or more You are in the top 10% "Tomorrow" is your middle name