

Psychological Assessment Services

心理测试 / 评估

Department of
Psychological Medicine
心理医疗部门

What is a Psychological Assessment?

A psychological assessment is conducted to provide a better understanding of an individual's behaviour, abilities and difficulties. The assessment typically involves a clinical interview, the use of various psychological tests (question and answer, pen and paper tests), a review of medical records, and direct observations of behaviour. The assessment findings will assist in clinical diagnosis, treatment planning, and rehabilitation.

What to expect

- An intake interview will be conducted with the patient, family member(s), and teachers (if necessary) to gain an understanding of the patient's background and problems.
- Following the interview, relevant psychological tests will be administered. The test will typically be completed between 1 to 3 sessions. Each session takes about 2 to 3 hours.
- Brief feedback on the assessment findings may be provided after the last session.
- A detailed report / feedback on the assessment results and recommendations will be provided by the psychologist or doctor approximately 3 to 4 weeks after the last session.

Preparation for the Assessment

- Bring along supporting documents such as medical / assessment reports, imaging / scan results, school report cards, testimonials from teachers, certificates, etc.
- Have a good rest and a proper meal prior to the assessment.
- Bring a sweater / jacket, to keep warm during the assessment.
- Be punctual. The psychologist reserves the right to cancel or reschedule the appointment if the patient arrives more than 30 minutes past the allotted start time.

Our Services

The Department of Psychological Medicine at NUH provides various psychological and learning assessments for children aged seven and above, adolescents, adults, and the elderly. **Types of assessments include:**

Neuropsychological Assessment

This assessment evaluates the patient's cognitive abilities and identifies any impairment or changes in functions such as memory, attention, visuospatial abilities, language, and problem solving. Conditions requiring this assessment include:

- Traumatic brain injury / head injury
- Dementia / mild cognitive impairment
- Cerebrovascular disorders (e.g. stroke)
- Seizures (e.g. epilepsy)
- Psychiatric conditions

Assessment of Intellectual Functioning / IQ Testing

This assessment is usually conducted for vocational / school / nursing home / intellectual disability home placements. It can be also be conducted for medical or financial decision-making and for other purposes which require an understanding of an individual's current intellectual functioning.

Psychological and Learning Assessment

This assessment is usually conducted for children and adolescents to identify:

- Learning difficulties
- Autism spectrum disorders
- Attention problems (e.g. Attention Deficit Hyperactivity Disorder)
- Readiness for school

Personality Assessment

This assessment is for individuals aged 18 and above to aid in diagnostic clarifications and treatment planning.

Appointments 预约

Patients will be seen by a doctor before they are referred to a psychologist for psychological assessment.

For booking, changing and / or cancellation of appointments, please call 69082222.

医生将评估患者后才做出心理测试的推荐。
预约, 更改和 / 或取消预约, 请致电 69082222。

Enquiries 咨询

Please approach our staff at the clinic who will be able to assist you.

若有疑问, 请向诊所的工作人员寻求咨询。

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074
Tel: (65) 6908 2222 • Email: appointment@nuhs.edu.sg
Website: www.nuh.com.sg
Company Registration Number: 198500843R

国大医院

新加坡肯特岗路下段5号 邮编: 119074
电话: (65) 6908 2222 • 电邮: appointment@nuhs.edu.sg
公司注册编号: 198500843R

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Information is correct at time of printing (Jan 2025) and subject to revision without prior notice.

本出版物的内容仅用于教育目的, 不得用作医学诊断或治疗的依据。如果您对健康或身体状况有任何疑问, 或者在进行任何治疗之前, 应向医生寻求咨询。

内容以印刷时 (2025年1月) 为准。如有修改, 恕不另行通知。

什么是心理测试 / 评估?

心理测试 / 评估可以让您更加了解一个人的行为, 能力, 和困难。测试通常会包括临床式访谈, 各种测试活动 (问答题, 或笔纸测试), 医疗记录回顾, 和病患的举止观察。心理测试的结果将有助于临床诊断, 治疗与复原计划。

心理测试 / 评估的情况

- 心理学家会和病患, 以及病患的家人和老师 (若有需要) 进行访谈, 以便更了解病患的背景和所面对的困难。
- 进行访谈过后, 病患会做一些心理测试活动。病患需要做1至3次的心理测试。每次的心理测试会在2至3小时内完成。
- 心理学家会在最后一次的心理测试中简略地和病患分享测试结果。
- 当病患完成了所有的心理测试后, 病患的心理学家或医生会在大约3至4个星期内提供详细的心理测试报告和推荐。

心理测试前的准备

- 请携带相关资料, 例如医疗报告, 扫描结果, 学校成绩单, 老师的推荐信, 以及证书等等。
- 在测试之前有充足的休息与正常的饮食。
- 请携带外套以便在测试的时候保暖。
- 请准时。若患者迟到超过30分钟, 可能需要取消或重新安排预约。

我们的服务

心理治疗部门为7岁或以上的儿童, 青年, 成人和年长人士提供心理测试 / 评估。测试的种类包括:

脑部功能 / 神经系统测试 / 评估

通过这个测试可评估病患的认知能力和鉴定病患是否有任何功能上的改变或受损, 例如记忆力, 专注能力, 视觉空间能力, 语言和问题解决能力。需要测试的情况包括:

- 创伤性脑损伤 / 头部受伤
- 失智症
- 轻度认知障碍
- 脑血管疾病, 例如中风
- 癫痫
- 精神状况

智商测试 / 评估

需要这个测试的情况通常包括申请职业, 学校, 养老院和智障碍疗养院的时候。通过智商测试也可以评估病患目前的智力功能, 医疗或财务决策能力。

心理教育测试 / 评估

这一类的测试通常是用来评估儿童和青年是否有以下的情况:

- 学习障碍
- 自闭症
- 注意力问题 (例如过动症)
- 入学准备

性格测试 / 评估

这类测试适合18岁或以上的成人, 有助于诊断和治疗计划。