

# Rajasthan's 1st Psychological Lab



**MIND TRANQUIL**  
Psyche-assessment Lab

## MIND TRANQUIL PSYCHE-ASSESSMENT LAB

A Mind Tranquil Psyche-assessment Lab is a laboratory designed to measure various psychological assessments or tests. The purpose of the Mind Tranquil Psyche-assessment Lab is to assess the individuals on different domains including various psychological assessment.

### OBJECTIVES

- Simple checklists to various disorders for treatment settings;
- To assess a particular area of functioning or disability often for school settings;
- To help select type of treatment or to assess treatment outcomes;
- To help assess job applicants or employees and provide career development counselling or training.
- To help assess the individuals personality, cognitive ability aptitude emotional functioning.

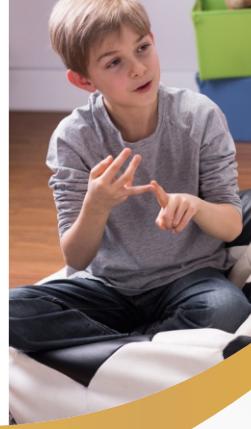
### ABOUT US

**DR. MAHI KHANDELWAL**  
Licensed Clinical Psychologist



### AREAS OF EXPERTISE:

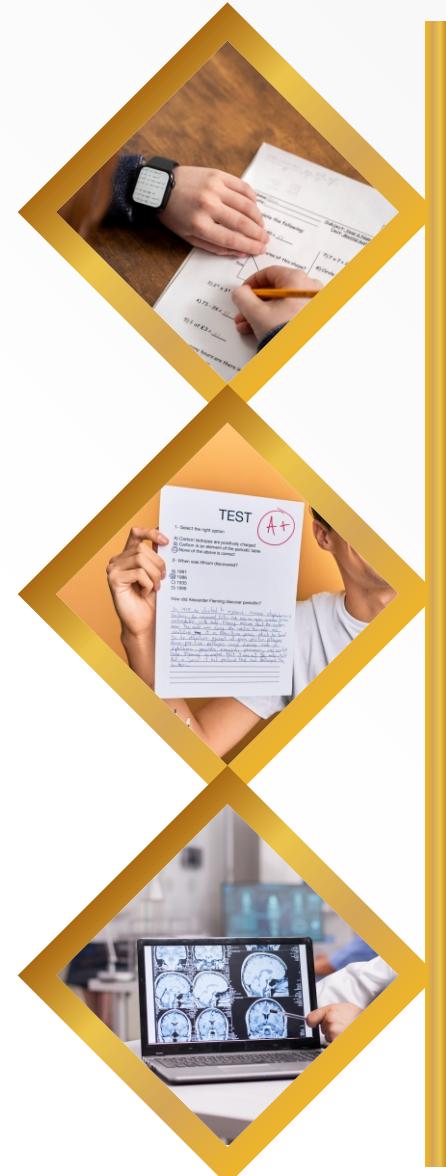
- Psycho Sexual Counselling for Erectile Dysfunction, Premature Ejaculation And Other Sexual Problems Related To Men And Women Both.
- Couple Therapy
- Sex Therapy
- Neuropsychotherapy
- Psychotherapy (CBT, BT, MBCT, DBT, MET)
- Counselling for Psychological Disorders, Epilepsy, Insomnia, Anxiety, Phobia



# What are the different types of PSYCHOLOGICAL TESTS?

## IQ/Achievement tests

IQ tests purport to be measures of intelligence, while achievement tests are measures of the use and level of development of use of the ability. IQ (or cognitive) tests and achievement tests are common norm-referenced tests. In these types of tests, a series of tasks is presented to the person being evaluated, and the person's responses are graded according to carefully prescribed guidelines. IQ tests which contain a series of tasks typically divide the tasks into verbal (relying on the use of language) and performance, or non-verbal (relying on eye-hand types of tasks, or use of symbols or objects). Examples of verbal IQ test tasks are vocabulary and information (answering general knowledge questions). Non-verbal examples are timed completion of puzzles (object assembly) and identifying images which fit a pattern (matrix reasoning).



## Attitude test

Attitude test assess an individual's feelings about an event, person, or object. Attitude scales are used in marketing to determine individual (and group) preferences for brands, or items.

## Neuropsychological tests

These tests consist of specifically designed tasks used to measure a psychological function known to be linked to a particular brain structure or pathway. Neuropsychological tests can be used in a clinical context to assess impairment after an injury or illness known to affect neurocognitive functioning. Such as memory reasoning, decision making, attention and concentration related problems.

## Infants and preschool assessment

Due to the fact that infants and preschool aged children have limited capacities of communication, psychologists are trained to use traditional tests to assess them. Therefore, many tests have been designed just for children ages birth to around six years of age. These tests usually vary with age respectively from assessments of reflexes and developmental milestones, to sensory and motor skills, language skills, and simple cognitive skills.

Common tests for this age group are split into categories: Infant Ability, Preschool Intelligence, and School Readiness. Common infant ability tests include: Gesell Developmental Schedules (GDS) which measures the developmental progress of infants, Neonatal Behavioral Assessment Scale (NBAS) which tests newborn behavior, reflexes, and responses, Ordinal Scales of Psychological Development (OSPD) which assesses infant intellectual abilities.

Infant and preschool assessments, since they do not predict later childhood nor adult abilities, are mainly useful for testing if a child is experiencing developmental delay or disabilities. They are also useful for testing individual intelligence and ability, and, as aforementioned, there are some specifically designed to test school readiness and determine which children may struggle more in school.



## Personality tests

Psychological measures of personality are often described as either objective tests or projective tests. The more descriptive "rating scale or self-report measures" and "free response measures" are suggested, rather than the terms "objective tests" and "projective tests," respectively.

## Projective tests

Projective tests allow for a freer type of response. An example of this would be the Rorschach test, in which a person states what each of ten ink blots might be.

Projective tests may be useful in creating inferences to follow up with other methods. (Both "rating scale" and "free response" measures are used in contemporary clinical practice, with a trend toward the former).

## Objective tests

Objective tests have a restricted response format, such as allowing for true or false answers or rating using an ordinal scale. Prominent examples of objective personality tests include the Minnesota Multiphasic Personality Inventory(MMPI), Millon Clinical Multiaxial Inventory-IV, Child Behavior Checklist, Symptom Checklist 90 and the Beck Depression Inventory. Objective personality tests can be designed for use in business for potential employees, such as the NEO-PI, the 16PF, and the OPQ (Occupational Personality Questionnaire), all of which are based on the Big Five taxonomy. The Big Five, or Five Factor Model of normal personality.

Another personality test based upon the Five Factor Model is the Five Factor Personality Inventory – Children (FFPI-C.)



## Sexological tests

The number of tests specifically meant for the field of sexology is quite limited. The field of sexology provides different psychological evaluation devices in order to examine the various aspects of the discomfort, problem or dysfunction, regardless of whether they are individual or relational ones.

## Direct observation tests

Although most psychological tests are "rating scale" or "free response" measures, psychological assessment may also involve the observation of people as they complete activities. This type of assessment is usually conducted with families in a laboratory, home or with children in a classroom. The purpose may be clinical, such as to establish a pre-intervention baseline of a child's hyperactive or aggressive classroom behaviors or to observe the nature of a parent-child interaction in order to understand a relational disorder. The Parent-Child Interaction Assessment-II (PCIA) is an example of a direct observation procedure that is used with school-age children and parents. The parents and children are video recorded playing at a make-believe zoo. The Parent-Child Early Relational Assessment is used to study parents and young children and involves a feeding and a puzzle task.

## Interest tests

Psychological tests to assess a person's interests and preferences. These tests are used primarily for career counseling. Interest tests include items about daily activities from among which applicants select their preferences. The rationale is that if a person exhibits the same pattern of interests and preferences as people who are successful in a given occupation, then the chances are high that the person taking the test will find satisfaction in that occupation. A widely used interest test is the Strong Interest Inventory, which is used in career assessment, career counselling, and educational guidance.

## Aptitude tests

Psychological tests measure specific abilities, such as clerical, perceptual, numerical, or spatial aptitude. Sometimes these tests must be specially designed for a particular job, but there are also tests available that measure general clerical and mechanical aptitudes, or even general learning ability. An example of an occupational aptitude test is the Minnesota Clerical Test, which measures the perceptual speed and accuracy required to perform various clerical duties. Other widely used aptitude tests include Careerscope, the Differential Aptitude Tests (DAT), which assess verbal reasoning, numerical ability, abstract Reasoning, clerical speed and accuracy, mechanical reasoning, space relations, spelling and language usage.

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**Dr. Mahi Khandelwal**  
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## A MESSAGE FROM OUR FOUNDER

Mind Tranquil Psyche-Assessment Lab is a specialized center for psychological testing, offering accurate assessments to understand an individual's mental and emotional well-being. Just like medical tests help diagnose physical conditions, our evaluations—conducted by experienced licensed clinical psychologists—aid in identifying psychological concerns such as anxiety, depression, stress, behavioral issues, and more, guiding effective treatment and care.