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### Assignment 1: VR Tests

CE Corner released an article “Psychological Testing and Assessments Are Going High Tech.” CE Corner is their continuing education article released by the APA office concentrated in psychology. They proposed the idea of using virtual environments to assess people in more real-life scenarios. The article counteracts the idea that neuropsychological tests are the best choice to spot cognitive areas of challenge. An example they introduced with promising remarks is when they tested VR on a child who has attention deficit hyperactivity disorder (ADHD). The approach prior to this new tech testing included the operators creating distractions for the patients to properly assess them when given a task. They found with over two decades of research in VR that these may not give the exact assessment to properly diagnose the child. By providing VR technology for diagnostics, it saves time, labor, and money for the operators as we move further into the future. As Albert Rizzo, a psychologist for the virtual reality department, says to the world, “There’s a lot of research needed to validate these assessments, but the technologies are becoming so much easier to use, and the cost has come way down.” (Rizzo).

This whole article fights to prove how virtual reality technology can provide more real-world assessments that range farther than any other prior written tests. As they test different scenarios on a plethora of subjects, they find the younger generation responding way higher to

these assessments than the older. This may be a given as the younger generation grew up with technology. But even with this inference, the state of testing should still change regarding the times. The article also goes in depth on their study exploring the roles of games that play a part in our cognitive recognition. They understand games can measure and improve our cognitive abilities, so being able to have a live map of our thought process gives more accuracy for testing. The three main ways they used to assess were “sustained attention, selective attention, working memory and task switching, abilities that serve as the foundation of all higher cognitive functions,” as Gazzaley says. The only issue with this new method of testing included in the article is privacy regulations and safety issues that pertain to security problems. Overall, the APA office of psychology views this as the future of testing as we further technologically advance.

With all these new levels of tech, it forces the world to implement projects on the same level. In our project, we are focusing on building an application that highlights popular and trendy pieces from other big clothing brands and curates them for our homepage. We will also include a feature where we link these pieces directly for seamless shopping, as well as the ability to store these pieces into closets or collages to put together fits with the links on your profile. I think this new generation of testing can really benefit our data to make our application more used as well as accurate to the times. If we had the ability to assess various styles, pieces, and brands with a wide range of subjects, we could properly infer the properties of what can make our project grow farther than it is now. Of course, we can have written assessments, but with virtual reality technology, it will allow our users to have more customized, tailored, and accurate features for use. For example, I think if we had an assessment that followed at the start of the application, we could provide prompts or scenarios that could then be attached to a

machine learning algorithm that saves, stores, and predicts the type of pieces the audience may enjoy. The assessment could include various people's closets with opposing aesthetics that one could walk into and start liking (a feature) all the desired styles. Our team could then assess their game as they did in the article, studying their patterns to then graph against the rest of our users. First, we can help our audience get a more tailored response, but our team and application can also get data to improve the app regarding our stats.

As stated in the article above, this study is only found successful when it focuses on the younger age range of our generation. This is perfect for our specific case, as that is our primary target audience, implying successful results. Of course, we will have a range of ages, but this assessment in low dosages can also expand the older cognitive recognitions to help them advance with technology. As time passes, we see how much technology is skyrocketing now more than ever. Every day there is a new release regarding AI or VR, so being able to implement that tool without having businesses change their whole model will be more beneficial than restarting. This article expanded our minds to think past critical evaluations that may just come from trends or the internet to then assess even further with specific detailed arrangements. Another aspect that doesn't focus on assessment as typically as it's been seen but still can be very effective is the use of VR in relation to real-time fitting rooms. In almost every store, you are able to try on clothes but not online. VR gives the ability to try a thousand outfits in ten minutes to be able to find your favorites. If we assigned this to our functions, users would be able to try the pieces that are saved to their closets. We can improve this function by having real-time weight and height measurements to provide further accuracy and a seamless transaction for our users. The possibilities of this technology are endless in the way we scale and

can provide new information and evaluations that have been missing for more real-world tests. Overall, the article is ahead of its time and their ideals are something that will be more prominent in the future. It's just a matter of time before it is publicized slowly, as well as who implements it first. If we have the ability, we would definitely include these testing assessments, and that is something we will look into for next semester.

Citations: APA Monitor. (2018, July/August). *CE Corner: Psychological testing and assessments are going high tech*. American Psychological Association. Retrieved from <https://www.apa.org/monitor/2018/07-08/ce-corner>