

Cognitive Assessments

New Directions Psychology is a team of highly qualified and experienced clinical psychologists servicing the Brisbane and Ipswich areas. Since 2011 we have been providing quality psychological services to individuals across the life span for a broad range of difficulties.

New Directions Psychology provides Cognitive Ability Assessment (or intelligence testing) for children and adolescents aged 6-16 years.

The Wechsler Intelligence Scale (WISC-V), the most widely used test for assessing a child's general intellectual ability, provides information on specific cognitive abilities including: Processing Speed, Working Memory, Fluid Reasoning (capacity to reason and solve novel problems), Visual Spatial (ability to organize visual information into meaningful information) and Verbal Comprehension.

When might a cognitive assessment be needed or beneficial?

Having a child's cognitive ability assessed may be beneficial:

- ✿ **To support the child's learning** - by understanding their specific cognitive ability profile and areas of strengths and difficulties.
- ✿ **To understand behaviour or learning impacts** - If there is concern that a child's learning or behaviour may be affected by a possible intellectual impairment.
- ✿ **If gifted** - If the child is suspected to be gifted.
- ✿ **To help diagnosis of specific learning disorders and developmental conditions** - in conjunction with multiple sources of assessment. Please note that additional neuropsychological assessments may need to be completed to determine this, however a cognitive assessment is one of the key assessments required. From the results we can then refer you to an appropriate service to complete any further assessments.

Assessments are conducted by our clinical psychologists and will involve up to 3-4hrs of face-to-face interview and testing using the WISC-V and/or other assessment measures. An interpretive report will be provided, and an optional feedback session can also be conducted.



New Directions Psychology also provides The Diagnostic Interview for Attention Deficit and Hyperactivity Disorder (ADHD) in young people aged 5-17 years (Young DIVA-5): with Interpretative Report.

The ADHD guidelines released this year by the Australian ADHD Professionals Association (AADPA) recommend that ADHD assessment be approached in a broad manner – using interview (based on the Diagnostic and Statistical Manual-DSM-5 classifications), questionnaires, as well as multiple informants to aid diagnosis (Australian ADHD Guideline Development Group, 2022).

“The Young DIVA-5 is based on the DSM-5 criteria for ADHD. It is a structured clinical interview for ADHD in young people aged 5-17 years, adjusted for young people, and modelled on the DIVA 2.0 (Diagnostic Interview for ADHD in Adults), that was based on the previous DSM-IV-TR criteria. DIVA 2.0 is widely used in the clinical diagnosis of ADHD in adults, having been translated into many languages.

In order to simplify the evaluation of each of the 18 symptom criteria for ADHD, the interview provides a list of concrete and realistic examples. The examples are based on the common descriptions provided by patients in clinical practice. Examples are also provided of the types of impairments that are commonly associated with the symptoms in five areas of everyday life: at home and at school or college; relationships and family life; social contacts; free time and hobbies; self-confidence and self-image. Whenever possible, the Young DIVA should be completed with the young person in the presence of a parent and/or family member, to enable retrospective and collateral information to be ascertained at the same time.

The Young DIVA usually takes around one hour to complete. The Young DIVA only asks about the core symptoms of ADHD required to make the DSM-5 diagnosis of ADHD, and does not ask about other co-occurring psychiatric symptoms, syndromes or disorders. It is divided into 3 parts that are each applied to behaviours both currently and in early childhood:

- 1.) The criteria for Attention Deficit (A1)
- 2.) The criteria for Hyperactivity-Impulsivity (A2)
- 3.) The Age of Onset and Impairment accounted for by ADHD” (Curran, S & Kooij, J.J.S, 2021)

Fees and assessment processes:

Fees are payable for these services. Please refer to our website www.newdirectionspsychology.com.au for current pricing. This service does not qualify for rebate under Medicare. However, a rebate may be available under private health cover or through NDIS or other funding if available.

Please feel free to contact us if you would like more information by phone (07) 3376 1977 or email admin@newdirectionspsychology.com.au.

