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Based on INC Syllabus 2021-22

I
Semester

Textbook of
Applied
**Sociology
and Psychology**
for BSc Nursing Students



As per the Revised INC Syllabus (2021-22) for BSc Nursing

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Clinical Sociology

Learning Objectives

After reading this chapter, students will be able to:

- Learn the concepts of Clinical Sociology
- Implement clinical sociology in their clinical practice
- Gain knowledge about medical approach and intervention strategies

Chapter Outline

- What is Clinical Sociology?
- Clinical Sociology and Hospital
- Characteristics of Clinical Sociology
 - Clinical Sociology is a Humanistic in Nature
 - Clinical Sociologists have Different Area of Expertise
- Clinical Sociology and its Practice
- Clinical Sociology has a Clinical Approach
- Clinical Sociology has a Humanistic Approach
- Clinical Sociology is Close to Patients
- Clinical Sociology is a Medical Approach
- Clinical Sociology and its Intervention Strategies

Keywords

- Clinical sociology
- Clinical approach
- Humanistic approach
- Medical approach
- Ethical issues
- Integrity
- Professional competence

WHAT IS CLINICAL SOCIOLOGY?

Clinical sociology is a sub field of sociology, it focuses on the medical field and its sub fields, people who are medical sociologists work on the clinical setting and take care of both the social and medical part of the treatment, the treatment may be decided by the therapist, and sociologist can assist the therapist in doing the activities, clinical sociologists works with the medical practitioners, community health services and public health campaigns. Clinical sociologists mostly focus on the intervention methods needed for the welfare of the patients they also strive to meet the emotional part of the patients because a strong mental health is efficiently needed to successful completion of the medical procedures, clinical sociologists will also serve as a bridge between the hospital and the community.

CLINICAL SOCIOLOGY AND HOSPITAL

Clinical sociology as said, is the work which focuses on the clinical side of the medical practice, but the work done is not in a direct way. Clinical sociologists should always assist the higher officials and as per the protocol, they will be working with a team, comprising doctors, medical officers, technicians, medical social workers and all the other therapists, like occupational, physio and speech.

Though the common sociologists work in the social part, the clinical sociologists will have a different path as they work uniquely in the hospital or medical settings, the main area of work is rehabilitation and intervention; they strive to fulfil all the social and humanistic needs of the patients.

CHARACTERISTICS OF CLINICAL SOCIOLOGY

Clinical sociology has a unique characteristic and these characteristics will tell the unique futures of the medical sociologists.

- **Clinical sociology is humanistic in nature:** Clinical sociologists assess the current situation and reduce the problems of the patients by intervening with them. They will assess and analyze the current situation of the patients and bring up a solution. The clinical sociologists will strive to improve the situation of the patients.
- **Clinical sociologists have different area of expertise:** The role of the clinical sociologists is like community organizers, sociotherapists, counselors, liaison officers, health care workers, mediators group activists and case therapists. These are the various areas the clinical sociologists' work.

CLINICAL SOCIOLOGY AND ITS PRACTICE

Clinical sociology is usually practiced as an alternate way of handling the issues and this is very important because clinical sociology focuses on the two broad areas—research and intervention. These are broad areas which focus on the working model of medical sociology. Clinical sociology always focuses on the welfare of the people and their follow-up.

- **Clinical sociology has a clinical approach:** Clinical sociology has a clinical approach because it has a broad field of working with the medical professionals and the intervention pattern is more familiar, like the clinical approach. Clinical sociologists are very active in the area of patient rehabilitation and their follow-up.
- **Clinical sociology has a humanistic approach:** Clinical sociology always depends on the humanistic way of approach because clinical sociologist will be easily able to understand the well-being of the people. They will be acting as the barrier between the community and the hospital. So, any type of humanistic approach, like emotions, rejections, aversion all are dealt by the sociologists.
- **Clinical sociology is close to patients:** Clinical sociology depends on the welfare of the people because it is more comfortable for a patient to talk to someone who really understands the importance of the patients so the patient feels very comfortable with the therapist or clinical sociologist.
- **Clinical sociology is a medical approach:** Clinical sociologist as said before, works with multiple team members and they will be assisting the medical professional in various areas, like:
 - Diagnosis
 - Planning
 - Rehabilitating
 - Following up
 - Total well-being

These are all the areas targeted by the clinical sociologist. They will be able to bring lots of changes in this area.

CLINICAL SOCIOLOGY AND ITS INTERVENTION STRATEGIES

Clinical sociology works in the module of clinical settings; they should be equipped well and they should have a confidence of working with the medical professionals.

- Clinical sociologists have a broad category of scope in the medical field because clinical settings are more common in the hospital.
- Clinical sociologists participate in the research and they will be able to conduct a detailed research in the social and emotional part of the children.
- Medical interventions are more common in the rehabilitation areas and in these area sociologists who are in the field of medicine, are having a strong role to perform.
- Rehabilitation part of work is another area where the medical sociologists will be working more.
- Follow-up is another important area to be concentrated.

CLINICAL SOCIOLOGY IN CRISIS INTERVENTION

Crisis is defined as the emergency situation in which the immediate intervention is vital to handle the situation. Main goal of clinical sociology in the crisis intervention is to save the lives of individual and to decrease the damage to asset, damage to property and environment (Table 1).

Use of Clinical Sociology in Crisis Intervention

- Addressing the psychosocial issues
- Motivate the client to express the emotions
- Help the client to meet the basic needs such as clothing, food, shelter, water etc.
- Have empathetic & therapeutic approach
- Providing adequate guidance and referrals in regard to the available resources

CLINICAL SOCIOLOGISTS AND THEIR WORK IN THE FIELD OF APPLIED SOCIOLOGY

Applied sociology is a practical part of the sociology. This has been practiced for last many years, and has a wide range of contributions from various eminent Sociologists who also served well in the field of clinical sociology as applied sociology. Let's learn a few facts about them:

Table 1: Stages of crisis intervention and their descriptions

Stages of crisis intervention	Descriptions
Define the problem	First step of crisis intervention to define what is the problem exactly
Ensure the client safety	Determination of suicidal or homicidal risk will promote the client safety
Provide adequate support	Clinical Sociologist has to provide adequate social & psychological support by explaining the available alternatives towards the crisis situation
Search over the alternatives	Client will search and analyze which is the best option to resolve the crisis
Scheduling the plans	Client has been encouraged to schedule the successful plan in order to resolve the crisis

Ibn Khaldun (1332–1406)

He is a 14th century scholar and his works are popular in Morocco and Egypt. He, as a statesperson, in the Arab states had introduced many sociological interventions in the clinical settings.

Auguste Comte (1798–1857)

Auguste Comte with other eminent Sociologist had made lots of contribution and he is called the beginner of all the sociological concepts and its approach.

Lucio Luisson in mid-90s

In the mid of the 1990s, many **Italian** clinical sociologists had contributed lots of articles in the field of clinical sociology, this is the time they had a number of sociology-related conferences and contributed many books in the field of sociology. One of the famous contributors for the book is **Lucio Luisson**. Luisson wrote a book in 1998, *Introduzione alla Sociologia Clinica* which means **Introduction to Clinical Sociology**. This book contains 14 articles. American Sociologists also contributed to this book and this was published in sociological practice association.

The International Development of Clinical Sociology

Numerous Universities for Sociology are located in the countries, like Greece, Brazil, Italy, Mexico, Uruguay and South Africa. These universities have produced many graduates who have completed their thesis from these universities as well.

Apart from this, the international development of clinical sociology was supported by two organizations, they are:

1. The clinical sociology division of the International Sociological Association (ISA).
2. The International Association of French Language Sociologists.

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CONCEPT OF APPLIED SOCIOLOGY

Concept of Applied Sociology has been a major area in the Western countries because they had contributed to it in a very large extent.

Definition: The means and methods for artificial improvement of social conditions, on the part of man and society as conscious and intelligent agents.

—Lester F Ward in 1903

Lester F Ward was the first to bring the concept of applied sociology into the discipline of sociology. In 1883, he published a book named, 'Dynamic Sociology or Applied Social Science'.

Clinical Scenario Case

Case—Treating a Burn Injury Patient

A patient is admitted in the hospital for the treatment of burns on his/her body. The primary management of the patient is by cleaning the wound and taking out any dust particles from the wound. After giving medication for the wound, the wound slowly gets healed. At this time, the pain will be more and it is unmanageable. Doctors may provide medication for pain but the mental health of the patient will be in bad condition because plenty of negative thoughts.

This is the right time for a clinical sociologist to intervene and give social, psychological and moral support for the patient by explaining about the importance of treatment and giving moral support for the patient.

Contd...

Clinical Sociology

Clinical sociology is a multidisciplinary, humanistic and social approach to help the people and to help them to understand their problems in the field of clinical sociology. People are analyzed and proper interventions are being given to them.

Clinical sociologists have different areas of practice; they are:

- Health promotion
- Sustainable communities
- Social conflict
- Social therapists
- Medical administrator

BARRIERS AND ETHICAL ISSUES IN THE FIELD OF APPLIED SOCIOLOGY

Every field has its own barriers. Some of the common barriers are:

- During the practice of sociology, some of the areas or departments may be non-cooperative to us. In that scenario, we should tackle it intelligently in order to overcome them.
- Sociology profession is a currently growing field and there are lots of competitors in this field, they should know how to tackle this.
- Job satisfaction may be low in the field of sociology as it is a little dry area to approach.
- Due to a rise in various subjects, sociology is striving to surf through all those major subjects.
- Many students, after completing their undergraduation, are not interested in taking post-graduation in sociology.

Vital ethical areas of sociology are as follows:

- **Ethical issues in the sociological research:** During the time of research, there arises lots of ethical issues which may lock horns with other major subjects.
- **Professional competence:** Professional competence is common among all the disciplines and should be managed carefully.
- **Integrity:** Achieving social integrity may be a major problem in this field due to lack of interest in this field.
- **Professional and scientific responsibility:** Most of the major scientific subjects have their own proven protocols to follow but, in this field, it may mingle with other disciplines.
- **Social responsibility:** Due to more social responsibility other disciplines will have a kind of non-cooperative approach toward us.

SUMMARY

- Clinical Sociology is a sub field of Sociology; it focuses on the medical field and its sub fields.
- Clinical Sociology as said is the work, which focuses on the clinical side of the medical practice.
- Clinical Sociology is humanistic in nature and Clinical Sociologists have different area of expertise.
- Clinical Sociology has a clinical approach, medical approach, humanistic approach and close to patients.
- Clinical Sociology works in the module of clinical settings; they should be equipped well, they should have a confidence of working with the medical professionals.

ASSESS YOURSELF

Long Answer Questions

1. Define Clinical Sociology. Explain practice of Clinical Sociology in detail.

Short Answer Questions

1. Characteristics of Clinical Sociology.
2. Clinical Sociology and its intervention strategies.
3. Clinical Sociology and hospital.

Multiple Choice Questions

1. Who introduced many sociological interventions in the clinical settings in 14th century?
 - a. Albert Bandura
 - b. Foucault
 - c. Ogburn and Nimcoff
 - d. Ibn Khaldun
2. Clinical Sociology is a:
 - a. Humanistic approach
 - b. Medical approach
 - c. Close to patients
 - d. All of these
3. Who was the first person to bring the Concept of Applied Sociology into the discipline of Sociology?
 - a. Lester. F. Ward
 - b. Madan and Madan
 - c. Ogburn and Nimcoff
 - d. Mead and Freud
4. The POCSO (The Protection of Children Against Sexual Offences Act) was enacted in the year:
 - a. 2012
 - b. 2013
 - c. 2015
 - d. 2019
5. SAFER-R model of crisis intervention was propounded by:
 - a. George Everly Jr.
 - b. Alvin Roberts
 - c. Bruno Latour
 - d. Louis Pasteur
6. Crisis intervention refers to:
 - a. Interventions used only famine.
 - b. Interventions for emergency care.
 - c. Interventions used only pandemics.
 - d. Interventions inclined with social problems.
7. "Clinical Sociology is intervention work" who said this?
 - a. Fritz
 - b. B. Webb
 - c. Weber
 - d. Foucault
8. Who has given the social learning theory?
 - a. Albert Bandura
 - b. R. Strauss
 - c. Auguste Comte
 - d. Sutherland

Answers Key

1. d 2. d 3. a 4. a 5. b 6. b 7. a 8. a

Psychological Assessment and Tests

Learning Objectives

After reading this chapter, students will be able to:

- Understand different psychological tests
- Interpret the development and characteristics of psychological tests
- Explain the types of psychological tests
- Know about the utility of psychological tests

Chapter Outline

- Introduction
- Psychological Tests vs Assessments
- Characteristics of a Good Test
- Development of a Test
- Use of Psychological Tests
- Different types of Tests
- Role of a Nurse

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Keywords

- Psychological assessment
- Psychological test
- Validity, Reliability
- Convenience
- Uniformity
- Standardized norms
- Rorschach ink blot test
- Personality tests or personality inventories
- Wechsler's intelligence scale
- Thematic apperception test
- Stanford-Binet intelligence scale
- Projective technique
- Neuropsychological assessment

INTRODUCTION

In the past, when you fell ill and consulted a doctor, they may have asked you to take some tests (blood, urine, scans, etc.) in order to gain a better understanding of the problem and confirm a diagnosis. Your test results give a better picture of your symptoms as well as the degree of seriousness of the condition. But how would we apply the same in mental health when someone comes in with symptoms? Here again, we use tests. These tests are however different from normal clinical tests.

PSYCHOLOGICAL TESTS

A psychological test can be defined as a structured technique to produce selected behavior. It is an objective and standardized measure, the results of which are used to deduce the individual's behavior. Several attributes and traits can be judged by means of testing. Psychological tests are used in:

- Making decisions about one's behavior
- Research
- Personal development

Psychological assessment, on the other hand, is a broader term referring to the collection and integration of related data for the purpose of psychological evaluation. Assessment commonly employs tests, interviews, case studies, behavioral observation and other novel techniques. Techniques vary according to the goal of the assessment and the client (Table 1).

You might be wondering what the difference between the terms are, and if they can be used interchangeably. Yes, the terms assessment and testing in psychology can be used interchangeably but that is not to say both terms are the same.

Principles of Psychological Test

- Psychological tests should have some components that make it feasible for anybody to administer the test anytime. These are Standard, Content and the Procedure.
- Apart from all the previously described essential characteristics, a good test must have norms to compare an individual score to that of a known group against whom the test has been calibrated.
- Test items are constructed by experts, tested and selected on the basis of difficulty, differentiation and relationship between specifications.
- Directions for administration must be stated concisely and clearly in order to ensure uniformity in test methodology.
- A test manual must be provided along with which acts as a guide for administration, scoring, inference and results.

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Development of Psychological Tests

Having seen what psychological tests are, does this imply any form of vague measurement qualifies as a test? What makes a good test? Listed below are a few characteristics of a good test.

The above questions to be kept in mind while constructing psychological tests. One must initially analyse the situation in which the test would be used. Next, an objective selection of test items is to be compiled followed by the development of standardized methods for practice. The test should then be administered to a large target group before finalizing the selected items and evaluating the contribution as a final test. The following are some steps for an easy understanding of this process:

Table 1: Psychological test versus psychological assessments

Psychological test	Psychological assessment
• Objective measure of construct • Can be conducted in an individual or as a group • The evaluator is replaceable and can be anyone including the individual them-self, teacher, guide, counsellor, etc.	• Addresses a referral problem • Individual administration • The evaluator or administrator is key and is a trained personnel

- **Planning:** It is essential to plan well in advance and have a clear idea before developing a test measure. One must think of the nature of contents to be included in the test, instructions, sampling techniques, time frame, statistical analysis and administration setting.
- **Writing:** What needs to be written in the test must be meticulously considered. The author must possess sufficient knowledge of the test matter and must be aware of the target population. The advantages and disadvantages should be carefully evaluated. The author must possess excellent vocabulary and must have the test reviewed by critics before finalizing.
- **Establishment of norms:** Strong psychometric properties are mandatory for a good test. Hence, reliability and validity of test results must be thoroughly studied. subsequently, norms are to be developed.
- **Preparation of manual:** A test manual like any other manual is a guide for the users. A manual typically has information on the psychometric properties of the test, instructions for administering and scoring, scoring key often classified for groups (age, gender, etc.) and references.

Characteristics of Good Psychological Test

- **Validity:** The extent to which a test measures what it claims to measure.
- **Reliability:** Consistency in the measurement results.
- **Convenience:** Cost effectiveness, equipment and training required.
- **Uniformity:** Uniformity in administration, measurement and scoring.
- **Standardized norms:** Implementation of technical standards to ensure objectivity and consistency in testing.
- **Objectivity:** Minimal room for bias.

Types of Psychological Tests

Psychological tests can be classified on the basis of two categories (Fig. 1):

1. Construction and administration
2. Test of knowledge, skills and abilities.

Individual tests are those meant to be administered to one individual at a time, whereas group tests can be administered to several members or groups. Table 2 shows categories of psychological tests.

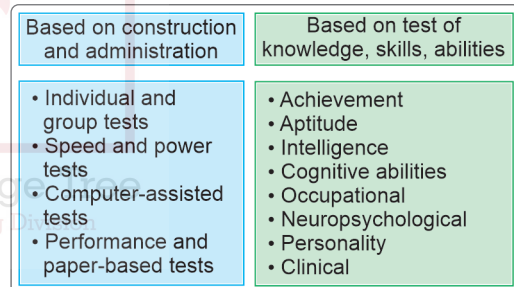


Figure 1: Classification of psychological tests

Table 2: Categories of psychological tests

Psychological test categorized	
Personality tests	Minnesota Multiphasic Personality Inventory, Eysenck's Personality Inventory, State-Trait Personality Test
Aptitude tests	Scholastic assessment test, Differential aptitude test, Tests of numerical reasoning, logical ability, verbal ability
Achievement tests	Iowa Test of Basic Skills, Ohio Graduation Test, Stanford Achievement Test, Weschler Individual Achievement Test
Attitude test	The Empathy Questionnaire, The Scale of Locus of Control, Marital Satisfaction Scale
Intelligence tests	Stanford-Binet Intelligence Scale, WAIS-III, WAIS-IV, Pass Along test, Matrices

Contd...

Neuropsychological tests	Luria-Nebraska Battery, NIMHANS Neuropsychological Battery, Mini Mental State Examination
Projective tests	Rorschach's inkblot, Thematic Apperception Test, Draw a person test
Observation tests	Direct Observation, Participant observation, Structured Observation, Case Studies

Speed tests consist of a time limit for the completion of tasks or questions. Power tests on the other hand assess the underlying ability of the person in sufficient time.

A computer assisted test, as the name indicates, is one where a test is administered over a computer or a similar device.

Performance tasks usually involve the completion of an activity to assess a construct. In paper pencil tests, the participants read the questions/statement and respond using stationary.

While so many tests exist, there are some tests that have been treated as a gold standard of that construct. These tests have strong psychometric properties and have been in use for decades. Examples of some such common tests of knowledge, skills and abilities are as follows:

- **Cognitive abilities and intelligence tests:** Evaluate the intelligence, aptitude and cognitive functioning of the individuals across several verbal and non-verbal domains.
- **Stanford-Binet intelligence scales:** Consists of a combination of tasks and questions in increasing order of difficulty to measure verbal and non-verbal skills. There are 15 tests in all, divided into verbal reasoning, quantitative reasoning, abstract reasoning and short-term memory.
- **Wechsler's intelligence scales:** This test includes both verbal and non-verbal tests to assess intelligence across several domains. The verbal elements included are vocabulary, information processing, comprehension, arithmetic, similarities and short-term memory (digit span). The performance tests are made of digit symbols, picture completion, block design, picture arrangement and object assembly. Shorter versions of the scale are available and used commonly. Wechsler's scales have been adapted to suit several age-groups of people as the Wechsler's preschool and primary scales of intelligence, Wechsler's intelligence scale for children and Wechsler's adult intelligence scale (Fig. 2). The components of the scales are used in isolation or combined to assess the desired measure.
- **Personality tests:** Evaluate thoughts, attitudes, emotions and traits that make up an individual's personality. These tests help identify one's strengths, weaknesses or even abnormalities.
- **Personality inventories:** Minnesota Multiphasic Personality Inventory, The California Psychological Inventory, Sixteen Personality Factor Questionnaire, Eysenck Personality Inventory
- **Projective techniques:** Rorschach inkblot test, Thematic Apperception Test, Draw a person test

The Minnesota Multiphasic Personality Inventory is the most widely used personality test in adults to identify emotional disorders. It consists of 567 statements with responses 'true', 'false' or 'cannot say'. Scores are interpreted alongside scores of individuals with depression, paranoia, psychopathic deviancy, schizophrenia, etc. The test is also used in legal contexts for criminal defence and so on.



Figure 2: Wechsler's intelligence scales

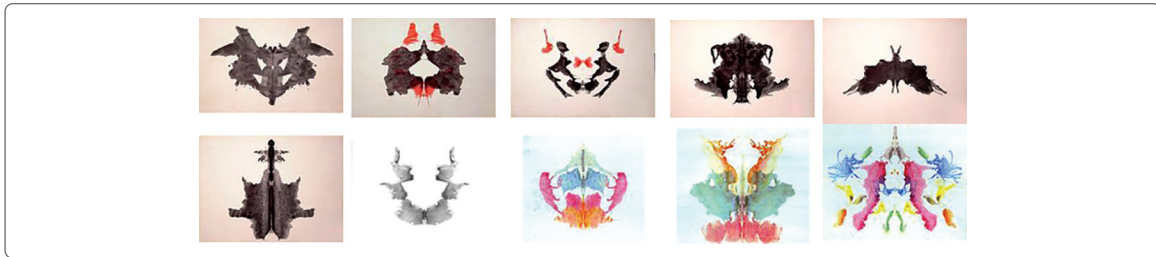


Figure 3: Rorschach inkblot test

The Eysenck Personality Inventory comprises a short questionnaire that assesses two personality dimensions: introversion v/s extroversion and neuroticism v/s emotional stability. A lie scale or social desirability scale is also included.

Projective techniques involve visual stimuli, incomplete sentences or story creation by the subjects, which are interpreted with high precision and skill. Subjects are expected to project aspects of their own personalities revealing their state of mind. The Rorschach's inkblot test consists of 10 cards with abstract inkblot images, both in black and white, and color (Fig. 3). Subjects are asked to describe what they see. Scoring is done on several parameters, owing to which specialized training is mandatory before undertaking the administration of the test.

The thematic apperception test is similar but employs about 20 pictures of familiar scenes from daily life (Fig. 4). The subject is asked to describe a story around the incidents on the card, what led to it and what will follow. Projective techniques are believed to reveal repressed or unconscious aspects of one's personality. They are used to tailor psychotherapeutic methods, individual assessments for prestigious national jobs, research and forensic screening.



Figure 4: Thematic apperception test

- **Neuropsychological assessment:** Neuropsychological assessments are designed to identify neurological deficits by predicting pathological disturbances, identification of neurological functioning, cognitive training and neurorehabilitation, research, differential diagnosis, developmental progression and so on, for example, Luria-Nebraska battery, Michigan neuropsychological battery, NIMHANS neuropsychological battery.
- **Rating scales:** Rating scales are used to assess the severity of a construct or disorder and are invaluable in research and clinical practice alike, for example, Goldberg general health questionnaire, Beck's depression inventory, Hamilton anxiety scale, Subjective well-being inventory.

Utility of Psychological Tests

Psychological tests have multiple utilities to clinical practitioners as well as academicians. Some common uses are as follows:

- It is easier to get information from test compared to clinical interview
- They assist in clinical diagnosis example: Rorschach Inkblot Test
- Information from tests are more scientifically consistent in comparison to clinical interview
- They assist in the formulation of psychopathology and identification of areas of stress and conflict. Example: Thematic appreciation test
- They help to determine the nature of deficit present. Example: cognitive neuropsychological assessments
- They help in assessing severity of psychopathology and response to treatment. Example: Hamilton rating scale for depression, brief psychiatric rating scale
- They help in assessing general characteristics of the individual. Example: assessment of intelligence, assessment of personality
- These tests are also used for forensic evaluations regarding litigation, family court issues or criminal charges
- These tests assess the level of functioning or disability, help direct treatment and assess treatment outcome

Despite several advantages psychological tests do not come without limitations. A few challenges in psychological testing are as follows:

- Indiscriminating usage
- Forgery and counterfeit
- Attitude towards testing and its negative implications
- Ethical concerns
- Privacy and data protection
- Interpretation

ROLE OF NURSE IN PSYCHOLOGICAL ASSESSMENT

As a nurse, one may have to interact with a wide range of individuals. Psychological comorbidity is not uncommon, especially in modern times with an overall increase in mental health conditions. Moreover, unprecedented psychological disturbances can also arise from drug interactions, prolonged hospitalization, nature of disease or primary conditions, age, etc. Therefore, a nurse has a key role to play in psychological assessments and in assessing the risk of psychological problems in patients. Only then will they be able to choose the most appropriate test for the individual and purpose. Additionally, when psychological evaluation reports are presented, a nurse must be equipped to understand and interpret the results. For example, if a nurse is looking after a patient that is also being treated for depression, it would be useful if the nurse could

check progress and need with a depression scale to periodically monitor change. A few key points of the role of nurse in psychological assessment are as follows:

- A nurse should ideally possess sufficient knowledge about the psychological tests in practice. Hospitals and trusts follow selected routine tests and assessment patterns within the system, and it is important that all clinical staff working with patient contact are aware of these.
- Being the most common and primary contact between the patient, caregivers and the medical system, a nurse plays an important role in communication. Knowing about tests enable the nurse to clarify doubts of any party involved regarding any psychological test the patient has to undergo.
- Adequate knowledge and awareness are invaluable to maintain good rapport and bed-side manners.
- A nurse should be able to reassure the patient and support with making informed decisions and obtaining consent. For this purpose, knowledge about the safety of the test, utility of findings by the designated personnel and confidentiality of data are essential.
- In an in-patient setting, a nurse and additional healthcare assistant staff are exposed to patients for the longest period of time in comparison to other clinical staff. The nurse thus observes changes in the patient's behavior, undertakes risk assessments and notifies/updates the mental health team. Similarly, after the commencement of a treatment plan or therapy, the nurse is responsible to observe behavioral changes and improvement,
- It is the nurse's duty in most establishments to observe changes, inform the respective departments and record changes in the case file.
- A nurse is eligible to make an informed call or share an opinion that interrupts the clinical findings of the tests and tailor the care accordingly.
- Interests and aptitude test are useful in rehabilitation. Knowing of these, can help the nurse decide on the suitable recreational and occupational exercise for the patient.

A knowledgeable nurse is thus an asset and would be able to perform at par with the rest of the specialized, multidisciplinary care team.

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ASSESS YOURSELF

Long Answer Questions

1. You are to design a test for assessing depression among older adults with extended hospitalization. Explain in steps how you would go about it.
2. Explain projective techniques. Critically evaluate the efficacy of these methods in assessing personality.
3. Before undertaking any form of assessment, it is mandatory to receive consent from the patient. How would you obtain consent from an individual with questionable mental capacity?
4. What in your opinion could be some unforeseen limitations to test administration?
(Hint: environmental, socio-cultural).
5. What is mental health nursing? How do adult nurses assume the role of a mental health nurse from time-to-time? Enumerate with examples.
6. What is the role of a nurse in psychological assessment?

Short Answer Questions

1. What do you understand by psychological assessment?
2. What are the differences and similarities between a psychological test and psychological assessment?
3. What are the limitations of psychological testing? Suggest ways to overcome these.
4. What is validity? What are the different types of validity?
5. Define aptitude. Give an example of a test to measure aptitude from daily life.
6. Describe the Wechsler's intelligence scale for adults.
7. Define rating scale with examples.
8. What is the significance of behavior observation in an in-patient ward?
9. What is the distinction between anonymous result data and confidential result data?
10. Is IQ a reliable measure of an individual's cognitive functioning? Why or why not?
11. Define practice effect. What measures can be taken to ensure this is regulated?

Applied Questions

1. You are a new nurse on the adult neurology ward over the weekend. One of the patients in your care, being treated for hemorrhagic stroke and has a history of alcoholism. Of recent, you have noticed that with recovery, the individual is showing symptoms of withdrawal. He is agitated, verbally abusive to staff and non-compliant to care.
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Draft a service improvement plan during your shift with a detailed and self-explanatory behavior observation chart to monitor the patient's behavior over the next 48 hours and handover to the successive nursing staff to notify the mental health team on Monday.
2. Supposing your team has recently developed a short psychological battery to assess anxiety among pre-operative patients in a regional language. Before you can use it within your trust on vulnerable population, it must be clinically calibrated. *How would you and your team establish norms for this test/standardize it as a decent measure of pre-operative anxiety?* (Hint: correlate between the performances on a standardized measure of a construct with a novel).

Multiple Choice Questions

1. Which of the following is not a property of psychological assessment?
 - a. Problem-Focused
 - b. Trained Personnel
 - c. Individually Administered
 - d. Objective Measure

2. The property of a test that measures the consistency in the results is called:
 - a. Validity
 - b. Uniformity
 - c. Reliability
 - d. Predictability
3. Which of the following was the first ever intelligence test to be developed within the army for recruitment?
 - a. Stanford-Binet scale
 - b. Malin's Intelligence Scale
 - c. Weschler's Scales
 - d. Raven's Matrices
4. What is not a projective technique?
 - a. Rorschach's Test
 - b. Thematic Apperception Test
 - c. Pass Along Test
 - d. Door House Person test
5. In which of the following settings would you not use a neuropsychological battery?
 - a. Cognitive Training Post Neurosurgery
 - b. Stroke Rehabilitation
 - c. PTSD Assessment
 - d. Developmental Progression
6. Mental health symptoms existing alongside a primary condition is termed as:
 - a. Psychological dependency
 - b. Psychological manifestation
 - c. Psychological comorbidity
 - d. Psychological interaction
7. What is the primary rule of the Mental Capacity Act?
 - a. Assume impairment until proven otherwise
 - b. Assume capacity until proven otherwise
 - c. Patient consent is key regardless of capacity
 - d. Can be completed in the absence of the patient
8. The legal obligation to protect a vulnerable individual is known broadly as:
 - a. Safeguarding
 - b. Whistleblowing
 - c. Sign-posting
 - d. Sectioning
9. When an individual's performance gets better over a course of time in the same or similar task, this is known as:
 - a. Recency effect
 - b. Halo effect
 - c. Practice effect
 - d. Learning curve
10. Identify from the following some challenges in psychometric testing:
 - a. Ethics
 - b. Data protection
 - c. Consent
 - d. All of these

Answers Key

1. d 2. c 3. a 4. c 5. c 6. c 7. b 8. a 9. c 10. d

Textbook of Applied Sociology & Psychology

for BSc Nursing Students

Salient Features

- This text has been written as per the Revised INC syllabus
- Keywords are highlighted and the appropriate diagrams have been included, which will help the students in their learning
- The subject matter has been thoroughly reviewed by the experts
- Supplemented with Practical examples covering all the vital aspects of Psychology & Sociology
- Comprehensive coverage of all the necessary subtopics
- Use of various case scenarios and practical examples will encourage critical thinking and discussion
- All the important points are covered in detail as per the need of the respective topic
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