UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Psychological Assessment I

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Psychological Assessment I (20324)

5. Scientific Area

6. Curricular Year

3rd

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora ANA DANIELA BARRETO ALEIXO

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Psychological assessment is an exclusive area of psychologists. Understanding its basic processes is the first step towards a consolidated learning of this tool. Thus, with this curricular unit, we propose to develop in students reflection, decision and clinical judgment skills on psychological assessment, knowing its techniques, procedures and phases.

15. Specific Objectives

1. Understand psychological assessment as a scientific instrument that validates the psychologist's performance
2. Know the basic concepts underlying psychological assessment that allow understanding its different dimensions and contexts of application.
3. Understand the importance of the Clinical Interview and associated techniques in the psychological assessment process.
4. Master the ethics underlying psychological assessment.
5. Understand the application of different models and underlyi

16. Skills to be acquired

Understand the subject in its different dimensions, the importance of the clinical interview in the psychological assessment process, identify areas of psychological assessment, plan psychological assessment, the decision-making process in psychological assessment.

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17. Teaching Methodology

Expository-interrogative method.
Active method - clinical cases, reflection on scientific articles, practical applications, pedagogical applications, role-play will be used.

18. Course Unit Program

1. Framework for psychological assessment
1.1 History of psychological assessment
Origins and development
Psychological assessment in Portugal and in the world
Validity of clinical practice
1.2 General concepts of psychological assessment
Definitions, basic concepts and objectives
Trait and state dimension vs Psychological scales, tests and tests
Dimensions of psychological assessment
Phases of psychological assessment
Selection criteria for psychological tests
Interpretation in context vs. clinical judgment and hypothesis testing.
Psychometrics, validity and fidelity
ethics and deontology
2. Psychological assessment
Psychological assessment models
The psychological assessment interview
The request
Observable dimensions of behavior
Instruments
neuropsychology dimension
Assessment of cognitive functions
3. Evaluation products
The reports
the referrals
Implications for psychological intervention

19. Assessment Methods

Fundamental Elements of Evaluation:
-Group work with presentation
- Written tests
Supporting elements for continuous evaluation
- Small individual and group work carried out in class
- Observation of the following behavior indicators:
a) Participation and adherence
b) Attendance and punctuality
c) Cooperation and interaction with classmates and teacher
d) Initiative for research
e) Motivation for self-discovery and constructive critical sense

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20. Didactic Resources

Multimedia video projector; PC and powerpoint devices.
Copies of exercises and case studies.
Films and multimedia material.

21. Sustainability Objectives

3 - Quality Health
4 - Quality Education

22. Keywords

Psychological assessment
Structured and semi-structured clinical interview
Tests and Assessment In

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23. Main Bibliography

Author(s): Reynolds, C., Altmann, R., & Allen, D.
Title: Mastering Modern Psychological Testing: Theory and Methods
Edition: 2ª Year: 2021
Local: Las Vegas, USA
Publisher: Springer
ISBN Code:

Author(s): Wright, J.
Title: Conducting Psychological Assessment: A Guide for Practitioners
Edition: 2ª Year: 2021
Local: New Jersey
Publisher: John Wiley & Sons, Inc.
ISBN Code:

Author(s): Miller, L., & Lovler, R.
Title: Foundations of Psychological Testing: A Practical Approach
Edition: 6ª Year: 2019
Local: California
Publisher: SAGE
ISBN Code:

24. Complementary Bibliography

Author(s): Segal, D.
Title: Diagnostic Interviewing
Edition: 5ª Year: 2019
Local: Colorado
Publisher: Spinger
ISBN Code:

Author(s): Zuckerman, E.
Title: Clinician's Thesaurus, 8th Edition: The Guide to Conducting Interviews and Writing Psychological Rep
Edition: 1ª Year: 2019
Local: New York
Publisher: The Guilford Press
ISBN Code:

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Autor / Author	Prof. Doutora ANA DANIELA BARRETO ALEIXO
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