

# What to Expect on the Day of Testing

## Frequently Asked Questions

### **Q: What is a neuropsychological assessment for?**

A: A neuropsychological assessment is a set of tests designed to evaluate a person's brain function. These tests are designed for the discovery and diagnosis of neurological conditions. Neuropsychological assessments are also useful for understanding the extent of difficulties caused by certain health conditions.

### **Q: What is assessed in the evaluation?**

A: Testing will cover a variety of areas, including memory, attention, processing speed, visual and spatial function, execution function, and other aspects of neurological functioning depending on your specific symptoms.

### **Q: Who performs the assessment?**

A: A licensed clinical psychologist will conduct the clinical interview and supervise your testing and assessment.

### **Q: What will happen during my testing?**

A: During a neuropsychological evaluation your examiner will give you a series of tests to assess your thinking abilities, language skills, memory, mental processing, and other abilities. You can expect a variety of questions and evaluations in multiple domains, such as:

- Answering questions about your symptoms and how they impact your daily routine
- Demonstrating skills at reading, writing, mathematics, attention, memory and problem solving.
- Identifying images
- Recalling information after a time (*e.g.*, being asked to recall a series of words or numbers, stories, or figures)

### **Q: How long will my test take?**

A: It will take several hours, so you will want to schedule open availability for at least half the day. Typically; the interview and testing take 3 to 4 hours to complete.

### **Q: What if I fail my test?**

A: You won't! This isn't a pass or fail scenario. All we ask is that you answer question to the best of your ability.

## Testing Preparation Checklist

- ☐ Request an up-to-date list of all medications and prescriptions from your pharmacist or doctor
- ☐ Get a good night's sleep beforehand
- ☐ Take your medication as prescribed, with the exception of drugs to improve attention.
- ☐ Eat a healthy meal before the exam
- ☐ Dress comfortably for your day of testing
- ☐ Wear your glasses, contacts, or hearing aids, if needed
- ☐ Avoid drugs and alcohol before testing, including marijuana.