

# PSYCHOMETRIC TESTING

## FACT SHEET

MEMORY & AGING PROJECT (MAP), WASHINGTON UNIVERSITY

### WHAT IS PSYCHOMETRIC TESTING?

The psychometric testing at the Memory and Aging Project (MAP) involves pen and paper tests and computer tasks to measure different types of memory, thinking, attention, and visuospatial skills.

### WHY IS PSYCHOMETRIC TESTING IMPORTANT?

Psychometric testing is used to measure cognitive changes over time and the effects of aging on cognition. This is why it is so important for psychometrics to be completed every year.

### WHAT DOES PSYCHOMETRIC TESTING INVOLVE?

Some of these tests are designed to get harder as you go along. Because these tests measure many different cognitive abilities, you may do better on some tests than others.

Some people enjoy the tests and see them as a game. However, it is completely natural to experience some tension and have difficulty at some point during the testing. It is not expected that you will answer every question correctly. All we ask is that you do the best you can. Psychometric testing usually lasts around 2 hours.

*If you have any further questions, contact the Memory and Aging Project at Phone: (314) 286-2683.*

### MAY I FIND OUT MY TEST RESULTS?

Testing for research is different in scope and purpose from that of a private medical evaluation. The examiner does not know your cognitive status or previous test results. Your results will be grouped and analyzed with other group data. Your results are not interpreted and analyzed individually, and thus cannot be given to participants.

### WHAT CAN I DO TO PREPARE FOR MY PSYCHOMETRIC TESTING VISIT?

There is no way to study for these tests. The best way to prepare is to get a good night's sleep, eat a good breakfast, and come in ready to do your best. Remember to bring your glasses and hearing aid with you!