Psychological Assessment

Name

Affiliation

Date

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Psychological assessment is one of the most important steps towards achieving the better outcomes of the mental, as well as physical well-being. Clinical assessment and diagnosis is the other step of achieving the same outcome. There are a number of things which I found interesting in this post and I will explore and discuss them in detail in this paper.

One of the most interesting thing which I found in this post is that sometimes the circumstances of the neurological and mental or psychological health can be intermixed and confused with each other. For example, if a person is suffering from some neurological health issue, he may depict some characteristics or symptoms which will be associated with the psychological issue and vice versa. In that scenario, only the careful clinical assessment and diagnosis can highlight the issue, as well as devise the solution. Another important thing which is specifically interesting in this post is that the awareness of mental and psychological health is increasing in the society, but it has also made the society a bit over conscious, due to which they often reach the false conclusions. Human beings are the products of not only their physical and mental compositions but also of the social, environmental and family dynamics factors. So, their actions are also defined by these factors. The behavior which may seem the psychological issue may be due to the environmental or situational factors. So, it is important to consider all the aspects before finally reaching a conclusion (Butcher, Mineka, & Hooley, 2017).

The awareness of the psychological issues and the importance of metal well beings has caused a bit of confusion to human beings. The psychological assessment leading to the carefully done clinical assessment and diagnosis can provide the opportunity of knowing the basic issue and treating it accordingly, which will prove greatly beneficial as well.

References

Butcher, J. N., Mineka, S., & Hooley, J. M. (2017). *Abnormal psychology*. Pearson Education India.