

MENTAL HEALTH UNIT SERVICES

Standardized Psychometric & Psychological Assessments

Dear Uttara University Community,

The Mental Health Unit (Room 6110) is fully operational with an extensive repository of standardized psychometric, clinical, and psychological assessment tools.

These scientific services are available to all students, faculty members, researchers, and administrative staff to facilitate personal psychological evaluations, clinical counseling, and academic or organizational research.

Warm regards,

Mental Health Unit

Uttara University

Room: 6110, **Time:** 9AM- 5PM (Monday- Friday)

Email: mentalhealth@uttarauniversity.edu.bd

What are Psychometric & Psychological Testing Tools?

Psychometric and psychological testing tools are scientific questionnaires and activities used to measure your mental health, personality, stress levels, and thinking abilities.

Assessment, Reporting & Confidentiality: Upon completing any test, participants' responses will be objectively scored, and each individual will receive a confidential assessment report along with expert feedback to help understand the results. All testing sessions and evaluations are conducted strictly under professional confidentiality and ethical guidelines to ensure complete privacy and data security.

➤ Available Assessment & Testing Tools by Category

Category I: Clinical Mental Health, Mood & Stress Assessment

Tools designed to screen, measure, and evaluate general psychological distress, mood variations, and stress levels.

- **Brief Psychiatric Rating Scale (BPRS):** Measures overall severity of psychiatric symptoms and mental distress.
- **Anxiety Scale:** Measures level of anxiety, nervousness, and tension.
- **Beck Hopelessness Scale (BHS):** Measures negative outlook about the future and self-harm risk.
- **DASS 21:** Measures Depression, Anxiety, and Stress levels in one simple test.
- **GHQ-12 Scale:** Measures general psychological distress and short-term mental health changes.
- **PHQ Scale:** Measures presence and severity of depression symptoms.



- **Depression Scale:** Measures depth of depressive mood and emotional low points.
- **Beck Scale for Suicidal Ideation (BSS):** Measures presence and intensity of suicidal thoughts.
- **Mental Health Continuum (MHC):** Measures overall mental well-being and life satisfaction.
- **Perceived Stress Scale (PSS):** Measures how much stress a person feels under daily life pressure.
- **Mental Health Literacy Scale (MHLS):** Measures awareness and knowledge about mental health and treatment.

Category II: Trauma, Obsessive Thoughts & Somatic Concerns

Tools intended to assess trauma responses, obsessive-compulsive behaviors, and bodily manifestations of psychological stress.

- **Impact of Event Scale:** Measures the psychological impact and intrusive thoughts resulting from traumatic events.
- **YBOCS (Bangla):** Evaluates the presence and severity of obsessive thoughts and compulsive behaviors (OCD).
- **Somatic Complaints Scale:** Measures physical symptoms (e.g., unexplained pain, fatigue) linked to psychological distress.

Category III: Personality, Behavior & Cognitive Patterns

- **Dhaka University Cognitive Distortion Scale:** Identifies negative cognitive biases, irrational thinking patterns, and thought errors.
- **Eysenck Scale:** Profiles fundamental personality dimensions, including extraversion, neuroticism, and psychoticism.
- **SCID -5 Personality Test:** Clinical assessment tool used to screen for underlying personality disorders.
- **Anger Management Assessment Questionnaire:** Evaluates anger triggers, expression patterns, and emotional control mechanisms.
- **Big Five Inventory (BFI):** Assesses the five major personality traits (Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness).
- **Brief COPE Scale:** Evaluates adaptive and maladaptive coping strategies used during stressful events.
- **Personality Assessment Questionnaire (Standard Form):** Measures general personality structure and behavioral tendencies.
- **Personality Assessment Questionnaire (Short Form):** Short assessment battery for evaluating specialized behavioral and personality traits.
- **Rejection Sensitivity Questionnaire:** Measures the tendency to anxiously expect, readily perceive, and overreact to social rejection.
- **Rosenberg Self-Esteem Scale:** Evaluates global self-worth and overall individual self-esteem.
- **Ten Item Personality Inventory (TIPI):** Brief assessment tool for a rapid evaluation of the Big Five personality traits.

Category IV: Addiction & Dependency Assessment



- **Addiction Relapse Prediction Scale:** Identifies risk factors and vulnerability levels associated with addiction relapse.
- **Fagerstrom Scale for Nicotine Dependence:** Evaluates the degree of physical and behavioral dependency on nicotine/smoking.
- **Loneliness Scale:** Measures subjective feelings of social isolation and emotional loneliness.
- **Internet Addiction Scale:** Evaluates problematic internet usage and its disruption to daily functioning.
- **Love Addiction:** Measures unhealthy emotional dependency, obsession, and compulsion in romantic relationships.
- **Screen Addiction Scale:** Assesses compulsive use of mobile phones, computers, and digital display screens.
- **Readiness To Change Questionnaires (Treatment):** Evaluates an individual's motivation and readiness to modify addictive behaviors.
- **SDS-Screening:** Rapid screening tool for identifying substance dependency and misuse risks.
- **Drug Addiction Test:** Measures the presence, scope, and severity of chemical dependency and drug abuse.

Category V: Marriage, Relationship & Family Dynamics

- **Love romantic Scale:** Measures the depth, passion, and expression of romantic love in relationships.
- **Marital Adjustment Scale (The Scale of Couple Relationship -Revised Dyadic Adjustment Scale Bangla RDAS-B):** Evaluates marital harmony, communication, and relationship consensus among couples.
- **ENRICH Marital Satisfaction Scale:** Measures relationship satisfaction across key domains such as communication, conflict resolution, and roles.
- **Fear of Intimacy Scale:** Assesses anxiety and reluctance regarding emotional closeness in personal relationships.
- **Intimate Relationship Anxiety Questionnaires:** Evaluates fear of abandonment, anxiety, and insecurity within romantic partnerships.
- **Children's Perception of Inter-parental Conflict:** Measures how children perceive domestic conflict between parents and its impact on them.
- **Intimate Partner Acceptance Rejection Questionnaire:** Evaluates perceived affection, warmth, or rejection from a romantic partner.
- **Intimate Partner Acceptance Rejection/ Control Questionnaire:** Measures perceived acceptance/rejection combined with behavioral control by an intimate partner.
- **Parental Acceptance Rejection or Control Questionnaire-(Adult PARQ/CQ - Father):** Measures an adult's perception of their father's warmth, rejection, and behavioral control during childhood.
- **Parental Acceptance Rejection or Control Questionnaire-(Adult PARQ/CQ - Mother):** Measures an adult's perception of their mother's warmth, rejection, and behavioral control during childhood.
- **Parental Acceptance Rejection Questionnaire (Adult PARQ- Father):** Evaluates remembered feelings of love or rejection specifically from the father.



- **Parental Acceptance Rejection Questionnaire(Adult PARQ- Mother):** Evaluates remembered feelings of love or rejection specifically from the mother.
- **Parental Power Prestige Questionnaire- Father:** Measures the child's perception of the father's authority, influence, and status within the family.
- **Physical Punishment Questionnaire- Mother:** Evaluates the frequency and psychological impact of physical discipline administered by the mother.
- **Physical Punishment Questionnaire:** Measures general exposure to physical punishment and disciplinary practices within the household.
- **Family Satisfaction Scale:** Assesses overall satisfaction with family cohesion, adaptability, and communication.
- **Interpersonal Acceptance-Rejection Scale:** Measures feelings of acceptance or rejection across general non-familial social relationships.
- **Intimate Partner Attachment Questionnaire:** Identifies adult attachment styles (secure, anxious, avoidant) toward romantic partners.

Category VI: Academic Performance, Cognition & Intelligence

- **WAIS-4 Intelligence Test:** Comprehensive standardized tool measuring global IQ, verbal comprehension, perceptual reasoning, working memory, and processing speed.
- **Academic Performance Assessment Test:** Evaluates study habits, academic skills, and overall learning effectiveness.
- **Academic Resilience Scale (ARS):** Measures a student's capacity to overcome academic obstacles, stress, and study pressures.
- **Cognitive Failure Questionnaire:** Assesses everyday cognitive slips, memory lapses, and attentional failures in daily tasks.
- **ADHD- Conners' Test:** Evaluates symptoms of Attention-Deficit/Hyperactivity Disorder (inattention, hyperactivity, impulsivity).
- **Oral Test Perception Scale:** Measures anxiety, fear, and cognitive appraisals related to oral exams and vivas.
- **Prospective Retrospective Memory Questionnaire:** Evaluates memory slips regarding future planned tasks versus past events.
- **Teacher Evaluation by Students:** Measures student perceptions of teaching effectiveness, delivery, and course delivery.
- **Teacher's Evaluation of Student's Behavior/Conduct:** Evaluates classroom behavior, compliance, and academic engagement from an instructor's perspective.

Category VII: Social Interaction, Support & Attitudes

- **Social Avoidance & Distress Scale (SADS):** Evaluates social distress, anxiety, and active avoidance of social situations.
- **Social Interaction Anxiety Scale (SIAS):** Measures distress and anxiety experienced during face-to-face social interactions and conversations.
- **Bicultural Attitude Scale:** Measures individual attitudes toward navigating and adapting between two distinct cultures.
- **Environmental Perception Scale:** Evaluates awareness, attitudes, and emotional responses regarding physical and environmental surroundings.



- **Interpersonal Rejection Sensitivity Scale:** Measures vulnerability to feeling rejected or excluded in social settings.
- **Multidimensional Scale of Perceived Social Support:** Evaluates perceived adequacy of support received from family, friends, and significant others.
- **Social Acceptance Scale:** Measures feelings of inclusion, acceptance, and standing within a social group.
- **Social Desirability Scale (SDS, Clancy):** Measures the tendency to give socially approved responses rather than true feelings (Clancy model).
- **Social Desirability Scale (SDS, Stocké):** Measures social desirability response bias (Stocké validation model).
- **Animal Compassion Scale:** Measures levels of empathy, care, and compassion toward animals.
- **Attitude towards Ragging Scale (ARS):** Assesses student attitudes, acceptance levels, or opposition regarding campus ragging practices.
- **Attitude towards Sex Education Scale:** Measures personal and cultural attitudes toward the inclusion and content of sex education.
- **Gender Role Attitude Scale (GRAS):** Assesses views on traditional versus egalitarian gender roles and societal expectations.

Category VIII: Workplace, Organizational & Leadership Psychology

- **Job Satisfaction Scale:** Measures employee contentment with work tasks, environment, and organization.
- **Motivation at Work Scale:** Evaluates intrinsic and extrinsic motivational factors driving workplace performance.
- **Work Locus of Control Scale:** Assesses whether employees attribute work outcomes to their own efforts or external circumstances.
- **Job Involvement Questionnaire:** Measures the degree to which an employee is cognitive and emotionally immersed in their job.
- **Job Stress Measure:** Evaluates workplace stressors, occupational strain, and job-related pressure.
- **Leadership Competency Scale (LCS):** Assesses core leadership behaviors, decision-making skills, and managerial competence.
- **Team Playing Inventory (TPI):** Evaluates an individual's orientation, effectiveness, and attitude toward team collaboration.
- **Work-Family Conflict Scale (WFCS):** Measures emotional strain and role conflict arising between work demands and family responsibilities.

Category IX: Positive Psychology, Well-Being & Health Locus of Control

- **Psychological Wellbeing Scale:** Evaluates overall psychological wellness across self-acceptance, purpose, autonomy, and personal growth.
- **Satisfaction with Life Scale:** Measures global cognitive evaluations of overall life satisfaction.
- **Brief Resilient Coping Scale (BRCS) / Resilience Scale for Adult:** Evaluates adaptive coping ability and psychological resilience when confronting adversity.
- **God Health Locus of Control (GHLIC):** Measures the belief that personal physical health outcomes are determined by divine intervention.



- **Life Orientation Test-Revised (LOT-R):** Evaluates individual dispositional optimism versus pessimism.
- **Multidimensional Health Locus of Control:** Measures beliefs regarding whether health is controlled by self, powerful others, or chance.
- **Oxford Happiness Questionnaire:** Assesses subjective well-being and general psychological happiness.
- **Personal Hygiene Practice Scale:** Measures self-care behaviors and personal hygiene routines.
- **Positive and Negative Affect Schedule (PANAS):** Evaluates feelings of positive versus negative mood states over a specified timeframe.
- **Trait Emotional Intelligence Questionnaire / Emotional Intelligence Scale:** Measures emotional self-awareness, empathy, and emotional self-regulation skills (EQ).
- **Warwick-Edinburgh Mental Well-being Scale:** Measures positive mental health, including positive affect and psychological functioning.
- **World Health Organization-Five Well-being Index (WHO-5):** Measures subjective psychological well-being over the preceding two weeks.
- **Three-Dimensional Wisdom Scale (3DWS):** Evaluates cognitive, reflective, and affective dimensions of personal wisdom.
- **Bangladesh Medication Adherence Questionnaire:** Assesses compliance, consistency, and discipline in taking prescribed medical treatment.

Contact Information: For personal counseling, mental health consultations, or general inquiries, you are warmly invited to visit the Mental Health Unit. We are here to support your overall well-being.

