

Psychological Testing

In the PEARL (Program to Enhance Attention, Regulation and Learning) Clinic

Answers to common questions about psychological testing in the PEARL clinic

What is psychological testing?

Psychologists assess your child by using tests and questionnaires, and by observing their behavior. This helps them determine a diagnosis, recommend treatment options and monitor treatment.

Testing is done by a psychometrist or a psychology doctoral student. They are supervised by a licensed psychologist.

Who gets testing?

Patients with Attention Deficit Hyperactivity Disorder (ADHD). Many children with ADHD do not perform well in school, and 20-30% of children with ADHD have a learning disability that is identified through testing.

We recommend testing if your child:

- Has not done it before
 - Is not performing well in school
 - May need special accommodations in school
 - Has an attention problem where the type or severity is not clear
 - Has a change in school performance, attention or memory
 - Does NOT already have an Individualized Education Plan (IEP)
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How can it help?

Testing can:

- Give us the chance to watch your child's behaviors in a structured situation. This includes when they are stressed or challenged.
 - Evaluate for learning disabilities or processing weaknesses like being able to organize or process information quickly.
 - Help assess how severe your child's ADHD symptoms are compared to other skills. This initial assessment helps us compare how your child is doing now versus after treatment and as they mature.
 - Identify your child's strengths to help with academic and treatment planning.
 - Screen for other conditions like anxiety or mood disorders that may affect how your child functions in school, social or family settings. These conditions can worsen ADHD symptoms.
 - Lead to specific recommendations like a Need For Accommodations Plan (**504 Plan**) or Individual Educational Plan (**IEP**) (See definitions at the end of this handout.)
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To Learn More

- PEARL Clinic
206-987-2164
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

What are learning disabilities?

Learning disabilities are problems that affect the brain's ability to receive, process, analyze or store information. Often, a clue that someone may have a learning disability is when their measured intelligence level (IQ) and the way they perform in school do not match.

What happens during a testing visit?

We will evaluate your child by doing several tests and observing behavior. Typical tests we use are:

- Wechsler Intelligence Scale for Children-V
 - Vineland Scale of Adaptive Behavior or Adaptive Behavior Assessment System II
 - Wechsler Individual Achievement Test III
 - Developmental Test of Visual Motor Integration
 - Questionnaires to assess mood, anxiety, attention, and executive functioning skills
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How long does it take? Do I need to be there?

You should be there while your child is testing. It takes 4 to 6 hours. You and your child will have a lunch break from 12 to 1 p.m.

What if I need to cancel or reschedule?

If you need to cancel or reschedule your testing visit, call 206-987-2164, option 1 at least 48 hours before your appointment.

What should I bring?

- Water and snacks
 - Reading materials or other quiet waiting room activities
 - If your child takes ADHD medicine, they should take it on the day of testing unless your prescribing doctor says otherwise.
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How will we find out about test results?

We will share the test results and recommended treatment plan in 1 to 2 weeks at another visit called a feedback session. Your child's psychologist will decide if your child should participate in the feedback session. This depends on your child's age and ability to understand.

We also will send you a written report in the mail 1 month after the testing appointment. You can provide the report to your child's school.

Will insurance pay for testing?

Some plans do not cover it and some cover part of it. Call your insurance plan to see how psychological testing is covered. Ask what your benefits are for these procedure billing codes:

- **96130-96131** Psychological testing by psychologist
- **96138-96139** Psychological testing by technician/psychometrist/doctoral student

What if insurance does not cover testing?

Your child may be able to get learning or educational testing for free through their public school district. Talk about options with your child's school psychologist or nurse.

If your insurance does not cover psychological testing, call our insurance team at 206-987-2164, option 8, to talk about self-pay options.

How do I schedule testing?

If your PEARL provider refers your child for psychological testing, we will contact you to schedule. For questions, call 206-987-2164, option 5.

Definitions

(504) Plan

Legal requirement that a child with a disability receives accommodations at school to learn in that environment (examples: wheelchair access, large print books, adjustable tables, etc.)

IEP

Legal document that includes why a child's disability allows them special education services. Includes services school must provide, yearly goals, and accommodations needed to help with learning.
