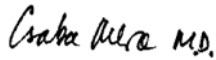


Origination Date: 02/10/09	Revision Date(s):
Developed By: Medical Criteria Committee	

Approved:



Date: 02/10/09

Csaba Mera, MD

Description: Psychological testing is defined as the use of one or more standardized measurements, instruments, or procedures to observe or record human behavior, and requires the application of appropriate normative data for interpretation or classification. Psychological testing may be used to guide differential diagnosis in the treatment of psychiatric disorders.

Criteria: Psychological testing may be authorized to a licensed doctoral level psychologist (PhD, PsyD, or EdD) who is adequately trained in the administration and interpretation of psychological instruments. Requested tests must be valid and reliable, and the most recent tests must be used.

Prior to testing, the member must be assessed by a behavioral health care provider. In most cases, a diagnostic assessment is sufficient for the diagnosis and treatment of psychological disorders; however, testing may be authorized if the diagnostic assessment is insufficient for this purpose.

Psychological testing will *not* be authorized for:

- Educational or vocational purposes
- Legal purposes, including custody evaluations, parenting assessments, or other court-ordered testing.
- Tests that are experimental, antiquated, or not validated.
- Tests performed on an individual that is or has been under the influence of drugs or alcohol. A client needs to demonstrate a reasonable period of sobriety.
- Hours requested for the administration, scoring, interpretation, and reporting that exceeds the generally accepted standard for the specific testing instrument(s)
- Testing when needed clinical information can be obtained through a diagnostic assessment and/or behavioral observations.

A request to perform psychological testing must be made in writing. Information that should be provided is outlined below.

Information to be Submitted with Pre-Authorization Request:

- 1) Current DSM-IV-TR Axis I and Axis II diagnosis, including working diagnosis
- 2) Specific referral question or questions. Include why they cannot be answered by means of a diagnostic assessment and/or behavioral observations.
- 3) History of present illness

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- 4) Previous testing
- 5) Treatment implications. Please address the specific ways that the testing results will inform the member's treatment and have a meaningful impact upon treatment planning.
- 6) Specific tests required
- 7) Total hours requested

References:

Camara, WJ, Nathan, JS, Puente, AE. (2000). Psychological Test Usage: Implications in Professional Psychology. *Professional Psychology: Research and Practice*. 31(2): 141-154.

Eisman, EJ et al. Problems and Limitations in Using Psychological Assessment in the Contemporary Health Care Delivery System. *Professional Psychology: Research and Practice*. 31(2): 131-140.

Kubiszyn, TW, et al. (2000). Empirical Support for Psychological Assessment in Clinical Health Care Settings. *Professional Psychology: Research and Practice*. 31(2) 199-130.

Meyer, GJ et al.. (2001). Psychological Testing and Psychological Assessment: A Review of Evidence and Issues. *American Psychologist*. 56(2): 128-165.