

## PSYCHODIAGNOSTIC METHODS IN MEDICINE

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### Abstract

Psychodiagnostics in medicine is one of the key methods for assessing mental health, diagnosing psychiatric and neurological disorders. This article provides detailed information on the most essential psychodiagnostic methods.

**Keywords:** Psychodiagnostics, Clinical Interview, Psychometric Tests, EEG, MRI, Psychotherapy, Neuropsychology.

### INTRODUCTION

Psychodiagnostics is a scientific and practical set of methods used to assess a person's psychological health. These methods are widely used in the diagnosis of psychiatric and neurological disorders, as well as for evaluating psychological conditions. This article explores 10 fundamental psychodiagnostic methods used in medicine.

#### 1. Clinical Interview

A method of assessing mental health through direct communication between a doctor and a patient. It is a primary tool for diagnosing mental disorders.

#### 2. Psychometric Tests

Tests designed to evaluate personality traits and cognitive functions. Examples include the IQ test, MMPI, and Beck Depression Inventory.

#### 3. Projective Tests

Used to reveal unconscious thoughts and inner experiences. Examples include the Rorschach Inkblot Test and Thematic Apperception Test (TAT).

#### 4. Neuropsychological Tests

Assess brain functions and help diagnose conditions like stroke, Alzheimer's, and brain injuries.

#### 5. EEG and MRI Examinations

Electroencephalography (EEG) and Magnetic Resonance Imaging (MRI) are used to study brain activity and detect neurological disorders.

#### **6. Behavioral Observation**

Analyzing a patient's actions in real-life settings to diagnose behavioral disorders such as autism.

#### **7. Self-Assessment Scales**

Patients evaluate their own mental state using standardized scales, such as the SCL-90-R or Beck Anxiety Inventory.

#### **8. Biofeedback Methods**

Physiological indicators like heart rate, breathing, and muscle tone are monitored to help patients manage stress levels.

#### **9. Psychotherapeutic Interview**

A structured conversation between a therapist and a patient to identify psychological issues and develop treatment strategies.

#### **10. Projective Techniques**

Patients express their psychological state through creative means such as drawing or storytelling, commonly used in pediatric psychology and stress-related conditions.

### **CONCLUSION**

Psychodiagnostic methods play a crucial role in diagnosing, assessing, and treating patients with psychiatric and neurological disorders. The proper selection and application of these methods significantly contribute to the patient's recovery process.

### **RECOMMENDATIONS**

To improve the effectiveness of psychodiagnostic methods in medicine, the following recommendations are suggested:

1. Comprehensive Training for Medical Professionals – Physicians and psychologists should receive continuous education on the latest psychodiagnostic techniques to enhance diagnostic accuracy.
2. Integration of Advanced Technology – The use of artificial intelligence and machine learning in psychological diagnostics can improve efficiency and objectivity.
3. Personalized Assessment Approaches – Considering individual patient characteristics while selecting diagnostic methods ensures more precise and effective outcomes.
4. Interdisciplinary Collaboration – Cooperation between neurologists, psychiatrists, and psychologists is crucial for holistic patient evaluation.
5. Public Awareness and Early Screening – Educating the public about mental health and promoting early diagnostic screening can help in preventing severe psychiatric disorders.

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