

Comprehensive psychological and psychological-vocational assessments

A comprehensive psychological assessment (CPA) assesses the psychological impact of your work-related injury or incident. A psychological-vocational assessment is similar to a CPA; however, it identifies some job options for you that match your skills and abilities, vocational interests, and any work considerations you might have due to a psychological diagnosis.

1. Who does these assessments and why are they necessary?

These assessments are conducted by an independent psychologist with a doctoral degree and experience in clinical assessment. A psychologist studies how we think, feel and behave from a scientific viewpoint and applies this knowledge to help people understand, explain and change their behaviour.

2. How does the psychologist prepare for my assessment?

The assessing psychologist is trained to consider all of the information that is collected on your claim, as well as the facts you provide during the assessment. Reports from your mental health treatment providers and other medical records will also be reviewed as part of the assessment.

3. How long is the assessment?

It typically takes a full day to complete the CPA, depending on individual needs. The psychological-vocational assessment may take a day and a half as more testing is required.

4. What will happen during the assessment?

With your consent, the psychologist will conduct an in-depth clinical interview. You will also be asked to complete several psychological tests that will assess your current psychological state such as your mood, thinking, and behaviour.

It is important you are honest, open and transparent with how your work injury has affected your mental health. Doing so will increase the value of your assessment.

Note: The assessments can only be done with your consent. If you have concerns about participating in the assessment, it is

recommended you contact your claim owner and discuss the impact withholding consent may have on your claim.

5. Can I bring a family member or support person to the examination?

Someone can accompany you to the psychologist's office; however, only you will be able to participate in the standardized testing procedures.

It will be at the psychologist's discretion as to whether anyone else is allowed into the interview or interviewed separately. Trained interpreters may accompany you throughout the assessment when required.

6. How long after the examination will it be before the results are ready?

Following the examination, the psychologist will write a report to WCB and may offer you a debrief session. The report is usually available about a month after the assessment. A copy of the report is available to you upon request.

7. How will this information be used?

The report will provide an opinion on your diagnosis, its relationship to your claim, your work capabilities from psychological perspective, and treatment recommendations. Your claim owner will use this information to develop your care plan and help you recover and return to work.

8. How can I best prepare for the assessment?

- **Sleep**—Arrive rested.
- **Technology**—If you are participating in a virtual assessment, be sure to have your computer and private, distraction-free space set up before your scheduled start time.
- **Glasses**—If you wear glasses or contact lenses, please bring them.
- **Hearing aids**—If you use them, please ensure you wear them.
- **Medication**—Take your medication as prescribed by your physician involved in your care. Please bring your

medication with you so the psychologist can see the type and dosage of medication that you are taking.

- **School records**—If you have any school records (e.g., transcripts) available please bring them to the psychological-vocational assessment.
- **Interpreter**—If you need an interpreter, please ensure you discuss this with your claim owner, who will arrange one for you.
- **Alcohol and other substances**—Please do not consume any alcohol for at least 24 hours before the assessment. Please do not use any other drugs that could alter your thinking, or are not prescribed as they can affect the assessment findings.

It's important that you answer the questions honestly and accurately.

Please give your full effort in the assessment and do not minimize or exaggerate your symptoms. Psychometric tests are sensitive to over and under reporting of your symptoms.

If the assessment results indicate you have not provided accurate responses to the questions, this may compromise the whole assessment and may have significant implications for your entitlement for WCB benefits.

If you have any further questions about these assessments, please contact your claim owner.

