



SAGE ASSESSMENTS



www.sage-clinics.com



Sage Clinics is a premium mental health care provider founded by well-established UAE healthcare professionals, with the goal of delivering high quality, evidence-based mental health care.

The Sage team comprises international, western-trained mental health specialists – psychiatrists, clinical psychologists and dietitians – who work as an integrated team using evidence-based practice to deliver the best outcomes for every individual, couple, family, group or company they work with.



What is a Psychiatry Assessment?

Psychiatrists are medical doctors with specialized expertise in diagnosing a wide range of illnesses that affect the mind and brain. They tend to work holistically in that they will assess both the mental and physical aspects of psychological problems along with risk factors in relation to the difficulties.

Medication can be an important part of treatment for many patients with mental health challenges. Our experienced psychiatrists monitor all patients closely to ensure that they are taking the right medications in the right amount – and only when it is absolutely necessary. Continued monitoring is necessary to ensure that when it is the right time to stop your medication, this is done under expert advice and support.





What is a Psychology Assessment?

A psychology assessment will typically explore how you are feeling and any areas of wellbeing you may be struggling with currently. You and your therapist will also reflect on why you may feel the way you do, which sometimes includes considering the role of earlier life experiences.

After your assessment, the therapist will make recommendations on the next steps and agree a plan collaboratively with you. The next step may include continuing with psychological therapy, a referral to other specialists, and/or lifestyle changes.





When Might You Want To See A Psychologist Or Psychiatrist

There are multiple reasons why you might want to seek support from a psychologist and/or a psychiatrist.

For example you may be noticing:

- Difficulty in managing your mood.
- A heightened fear or anxiety often leading to avoidance and/or panic attacks
- Negative or worry based thoughts a lot of the time.
- You are feeling stressed, burnt out or psychologically drained.
- Difficulty in managing emotions.
- Physical symptoms, but possible physical causes have been ruled out.
- You are struggling due to difficult or traumatic life events and would like some help in understanding and processing these events and their impact on wellbeing.
- Situations within the family that are leading to stress, grief, anger or conflict.
- Difficulty in relationships or friendships.
- You are worried about certain unusual things you are experiencing and are quite troubled by these experiences.
- You are engaging in self-harming and/or experiencing suicidal thoughts, addictions, or other serious challenges with behaviours.



When Might You Want To See A Psychologist Or Psychiatrist

Specific conditions treated by our psychologists and psychiatrists include:

- Mood disorders such as depression or bipolar affective disorder.
- Anxiety disorders including OCD, panic disorder, social anxiety and phobias.
- Sleep disorders.
- Eating disorders and body image disorders.
- Personality disorders.
- Psychosis and related disorders such as Schizophrenia.
- Post-Traumatic Stress Disorder.
- Addiction or substance misuse disorders.
- Perinatal and peripartum disorders.
- Mental health and organic disorders related to older age adults.
- Behavioral problems due to organic brain disease.
- Attention Deficit Hyperactivity Disorders both in children and adults.



Neurodevelopmental, Educational and Neurocognitive Assessments

At Sage Clinics, we provide comprehensive neurodevelopmental diagnostic assessments and cognitive testing for adults, adolescents, and children.

Our experienced psychologists and psychiatrists will work with you to identify the best assessment approach for you or your child's needs. With your goals and comfort in mind, we aim to provide a thorough understanding of the strengths and challenges you or your child are facing, make tailored recommendations to enhance well-being, and advocate for you or your child's needs where appropriate.





Types of assessments include:

- Assessments for neurodevelopmental disorders such as Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD).
- Psychoeducational assessments (e.g., academic abilities, dyslexia, dyscalculia testing).
- Cognitive assessment (IQ testing).
- Memory assessment.
- Assessments of executive functioning.
- Personality assessment.
- Forensic assessment.



Neurodevelopmental Assessments

Autism Spectrum Disorder (ASD) Assessment

Autism Spectrum Disorder (ASD) is a neurological and developmental disorder that affects how people interact with others, communicate, learn, and behave.

You might benefit from an ASD assessment if:

- You notice that you navigate social situations and communicate with others differently to your peers and often feel like you 'don't get it' or others don't 'get' you.
- You often find it hard to understand what others are thinking or feeling.
- You can be very honest in a situation, and this may sometimes mean people describe you as 'blunt' when you don't mean to be.
- You find it hard to know how you feel and communicate this to others.
- You tend to be skilled at noticing small details and patterns compared to others around you.
- You have extensive knowledge of particular interest areas and really enjoy talking about this.
- When you are doing something, you can really focus on it and prefer to do this uninterrupted.
- You prefer having a routine over spontaneity.
- If you have a family member with autism and are noticing similarities.



Your child might benefit from an ASD assessment if:

- Teachers or professionals have noticed delays in meeting developmental milestones and learning, and they may behave differently to their peers at school.
- You are noticing they don't respond to their name, tend to avoid eye contact or engage in repetitive movements.
- You notice your child is not talking as much as other children or they prefer to play on their own rather than in social groups.
- You may notice they engage in repetitive play and tend to have a limited range of interests.
- They may express a preference for talking about their special areas of interest over other things.
- You notice your child prefers to have a routine, and may become quite upset if this is disrupted.
- You notice child responds to certain sounds, textures, or other sensory inputs in an unusual manner. They may seek out or avoid certain sensory stimuli.





Autism assessments typically involve a comprehensive evaluation of an individual's behavioral, developmental, and medical history. Once the clinician has carried out a detailed history, they may want to do a screening test for Autism (3Di) which may be followed by a more specific diagnostic assessment.

The Autism Diagnostic Observation Scale 2nd edition (ADOS2) is a standardized diagnostic assessment of social, imagination and communication skills of individuals who may have autism spectrum disorders (ASD). It is suitable for all ages, backgrounds, and developmental levels.



Neurodevelopmental Assessments

Attention Deficit Hyperactivity Disorder (ADHD) Assessment

ADHD is a neurodevelopmental disorder that is characterized by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. So, you may notice your child playing video games or other activities of their interest without any trouble, but it is harder to concentrate on tasks that are less interesting, appealing or stimulating.

You or your child might benefit from an ADHD assessment if you notice any of the following:

- A short attention span and being easily distracted, especially with tasks that are tedious or time consuming. Tasks which are interest or pleasure based can be easier to focus on.
- Often make mistakes in schoolwork/work, are forgetful or often lose things.
- Prefer to be self-directed rather than receive instructions.
- You prefer tasks with fewer steps, and are less likely to finish a task if it requires completing or remembering multiple stages.
- Have more restless energy which makes it hard to sit still, especially in quiet surroundings.
- Acting quite impulsively without thinking of the consequences.
- Tendency to interrupt when someone is talking and find turn taking and waiting in queues frustrating.



ADHD assessments typically involve a comprehensive evaluation of an individual's behavioral, developmental, and medical history. Once the clinician has carried out a detailed history, they may want to do further diagnostic tests.

The Conners Comprehensive Behavior Rating Scales (C-CBRS) is often used to identify the presence of ADHD symptoms in children and adolescents aged 6-18. The Diagnostic Interview for ADHD in adults (DIVA-5) is a measure that assesses the presence of ADHD symptoms in adulthood as well as childhood.



Neurocognitive Testing For Children

Cognitive Assessment

This type of assessment is used to assess a young person's intellectual functioning.

Your child or student may benefit from a cognitive assessment if there are:

- Delays in language or motor development, comprehension, and adaptive living skills.
- Advanced academic skills, where the child or student may benefit from an enriched academic environment.

The Wechsler Intelligence Scale for Children: Fifth Edition (WISC-V) is commonly used in these assessments, amongst other test batteries based on individual needs.





Psychoeducational Assessments

This type of assessment is used to identify a child or adolescents learning and behavioural strengths and weaknesses in educational sessions. For example, a psychoeducational assessment may be used to identify a learning disability in the areas of reading, writing, or math, or if there are aspects the child/adolescent is particularly gifted at.

Your child might benefit from a psychoeducational assessment if:

- Concerns have been raised by teachers or parents about development and/or behavior.
- Concerns have been raised about their academic abilities at school in areas such as reading, writing or mathematics.
- You or the school are noticing your child has above average abilities and skills in comparison to peers of the same age.

The Wechsler Individual Achievement Test Third Edition (WIAT-III) and Wechsler Intelligence Scale for Children Fifth Edition (WISC-V) are commonly used in these assessments, amongst other test batteries based on individual needs.





Neurocognitive Testing

Intelligence Testing

IQ testing can be useful to identify strengths and areas of difficulty and make adaptations whilst playing to your strengths. The Wechsler Adult Intelligence Scale Fourth Edition (WAIS-IV) is the most advanced adult measure of cognitive ability for adults aged 16 – 90 years.

You might find it helpful to have a Cognitive Functioning assessment if:

- You notice challenges in certain areas, such as learning, memory and comprehension.
- You are noticing you struggle with specific tasks and are unsure why.
- You are looking for structured recommendations to help improve work performance.
- You need to determine if certain conditions have had an impact on cognitive functioning.

Memory Assessment

A formal memory assessment may be recommended for some adults after completing the cognitive functioning tests mentioned above, depending on identified areas of difficulty. The Wechsler Memory Scale Fourth Edition (WMS-IV) is the most widely used scale of adult memory.

Assessments of Executive Functioning

Executive functioning involves the mental processes that enable us to plan, focus attention, and multitask effectively. Specific tests such as the Delis-Kaplan Executive Function System (D-KEFS) may be recommended for those aged 8 – 89 years after completing cognitive functioning tests, depending on areas of difficulty that were highlighted during the assessment.



Personality Assessment

Personality assessments involve exploration of personality traits and styles in order to confirm or refine clinical diagnoses, inform interventions, or predict behaviors in different occupational, educational, clinical or forensic settings.

The Minnesota Multiphasic Personality Inventory 2nd Edition (MMPI-2) is a widely used personality assessment measure in adults aged 18 – 80 years.



What to Expect

Typically, you will meet with a Psychologist or Psychiatrist for an initial screening assessment, where information will be gathered on what has brought you to see a professional. The clinician will explore your concerns and the impact of these concerns, alongside strengths and abilities.

They will also need to screen for other possible contributing factors to the difficulties you are noticing such as mental health and factors related to upbringing and lifestyle. If the assessment is for a child or adolescent, the initial screening assessment will involve an in-depth developmental interview with parents, and we will likely liaise with their school for a further understanding of the concerns. From there, we will discuss the recommended pathway for assessment, if this is indicated.

If testing is recommended, you will then schedule an appointment or series of appointments (depending on the assessments selected) in order to complete the tests. The duration of these appointments will be dependent on the type of tests being administered.

After testing has been completed, your clinician will score and interpret the results, and produce a report before arranging a follow up session to feedback and make specific, tailored recommendations, including next steps.

Contact Our Team



Our team of mental health professionals are here to help you!

If you think you or your child could benefit from an assessment, then get in touch with us at Sage Clinics to discuss the next steps.



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