

Psychological Testing Tips Sheet

For Psychological Testing Outpatient Treatment Requests (OTR) or Inpatient Treatment Requests please reference the following information.

- If testing is related to a mental condition stemming from a medical condition this should be requested and processed through the medical health plan.
- Each request is reviewed to determine if it is medically necessary.
- When receiving referrals, it is still up to the psychologist to make the decision if testing is necessary. In many cases, a diagnosis can be made and documented for the referral source through interview and collateral information.
- Testing is not intended for educational purposes, such as learning disabilities or Intelligence testing. If IQ testing is needed in relation to an Axis I diagnosis, this information must be clearly documented, and related back to the mental health need.
- Ensure that the diagnosis to be ruled out requires psychological testing and would not be better handled through a clinical interview. (examples of diagnosis typically better handled through interview are: ODD, Bi-polar Disorder)
- Ensure that symptoms presented correlate with rule outs.
- Ensure that the clinical question being asked requires testing.
- Ensure that instruments selected are age appropriate and valid measurements for what is being ruled out.
- Standard administration times for indicated instruments will be reviewed.
- Has previous testing been completed? If so, how long ago and why is additional testing needed at this time?
- If projective measures are being requested please indicate the surrounding factors that justify projective measures rather than objective measures and collateral information gathering.
- If the testing is related to foster care specific issues please indicate as such.
- When documenting why testing is needed please provide specific explanations.

Example of Vague compared to Specific clinical justification for psychological testing:

Vague: "Testing is needed for diagnosis and treatment planning." or "This member's symptoms are emotionally or behaviorally based."

Specific: "This member presents with symptoms of anxiety and inattention. The inattention is not consistent across all domains. The anxiety is significant and appears to stem from recent environmental stressors (parents' divorce). No family history of ADHD in history. Testing requested to clarify if this member has ADHD, or both ADHD and anxiety."

Educational Testing

Although developmental, aptitude, achievement, or intelligence tests may be useful for identifying or monitoring suspected developmental delays or learning disabilities, federal law requires that local education and early intervention agencies provide testing for minors who may have disabilities or special educational needs (see Individuals with Disabilities Education Improvement Act of 2007) [117, 118]. Due to this federal law, this type of testing is not a covered service under Medicaid.

Have Questions?

Call us at 1-866-912-6285