Psychological tests assess a range of mental abilities and attributes, including achievement and ability, personality, and neurological functioning. They allow for an assessment of a patient’s cognitive and behavioral functioning and an analysis of changes related to mental or physical disease, injury, or abnormal development of the brain. Psychological and Neuropsychological tests provide a standardized means of sampling behavior, an objective method for evaluating responses, and a tool for comparing the functioning of an individual with peers.

Neuropsychological Testing (NPT)

NPT is an objective evaluation of mental cognitive, motor and behavioral function and is not a mental health evaluation. This testing may be used to augment a comprehensive medical history and physical examination, as well as a neurological investigation of certain conditions.

MHS considers NPT medically necessary when provided to aid in the assessment of cognitive impairment due to medical condition such as, but not limited to:

- Traumatic brain injury, Stroke, or Neurosurgery or relating to a medical diagnosis, such as Epilepsy, Hydrocephalus, AIDS, Brain Tumor, Cerebral Anoxic or Hypoxic Episode, Central Nervous System Infection (CNS), Neoplasms or Vascular injury to the CNS, Neurodegenerative Disorders, Demyelinating Disease, Extrapyramidal Disease, Metabolic Encephalopathy after stabilization of condition and exposure to agents known to be associated with Cerebral Dysfunction.
- When the patient is being considered for epilepsy surgery.
- Differential diagnosis between Psychogenic and Neurogenic Syndromes when combined with clinical, laboratory, and imaging data, may assist in determining a diagnosis.
- When there is a need to quantify the patient's deficits, particularly when the information will be useful in determining a prognosis.
- Assessment of Neurocognitive functions to assist in the development of rehabilitation and/or management strategies for persons with diagnosed neurological disorders.
- Monitoring of the progression of cognitive impairment secondary to neurological disorders.

MHS Health WI does NOT consider NPT medically necessary in situations such as, but not limited to:

- Uncomplicated cases of Attention Deficit Disorder with/without Hyperactivity (ADHD) unless for neurologically complicated cases of ADHD, (e.g., Post Head Trauma, Child Abuse not otherwise specified, seizures), Mental Retardation, Autism, Developmental Disability, Learning Disability, Tourette’s Syndrome, Dementia in which the treatment plan will not be altered by the results, Pervasive Developmental Disorders, and Chronic Fatigue Syndrome.
- When there is no clinical diagnosis or symptoms/behaviors suggestive of the need for this testing.
- For other non-medical uses of this testing.
- Members actively abusing substances, having acute withdrawal symptoms, or have recently entered recovery, because test results may be invalid; or
- Pre-surgical clearance.
MHS also considers NPT medically necessary when provided to aid in the assessment of cognitive impairment due to psychiatric conditions. However, NPT is **not covered under the medical benefit for psychiatric conditions and may be considered for coverage as part of the members mental health benefit.**

Examples of situations for which NPT may be needed to enhance psychiatric or psychotherapeutic treatment outcomes after a detailed diagnostic evaluation include:

- Testing is needed to aid in the differential diagnosis of behavioral or psychiatric conditions when the member’s history and symptomatology are not readily attributable to a particular psychiatric diagnosis and the questions to be answered by testing could not be resolved by a psychiatric/diagnostic interview, observation in therapy, or an assessment for level of care at a mental health or substance abuse facility.
- Testing is needed to develop treatment recommendations after the member has been tried on various medications and/or psychotherapy, has not progressed in treatment, and continues to be symptomatic.
- When there are only mild or questionable deficits on standard mental status testing, and more precise evaluation is needed to establish the presence of abnormalities or distinguish them from changes that may occur with normal aging or the expected progression of other disease processes.
- When there is a need to characterize the strengths and weaknesses of a patient, as a guide to treatment or rehabilitation planning.

To submit a Neuropsychological testing request, please go to [https://www.mhswi.com](https://www.mhswi.com).

### Psychological Testing

Psychological Testing is an evaluation to determine the extent and nature of a mental illness. It may be used to rule-in or rule-out the presence of a thought disorder or other serious psychiatric diagnosis that has been unable to be made by other methods. Psychological Testing consists of a set of tasks or questions intended to elicit particular types of behavior when presented under standardized conditions, and intended to yield scores that will have desirable psychometric properties, such as acceptable levels of reliability and validity. Tests include standardized aptitude and achievement instruments, diagnostic and evaluative devices, interest inventories, personality inventories, and projective instruments.

Cenpatico considers Psychological Testing as medically appropriate only when there is a strong indication that significant, useful information that would impact the patient’s care and treatment would be generated from such testing. Psychological Testing request for psychiatric conditions are to be submitted to Cenpatico and not MHS.

Psychological Testing for psychiatric conditions is medically appropriate following evaluation and recommendation by a licensed Behavioral Health provider for any one of the following reasons:

A. To rule-in or rule-out the presence of a thought disorder or other serious psychiatric diagnosis;
B. To make a psychiatric diagnosis which a provider has been unable to make by other methods; or
C. To diagnose an intellectual disability (Evaluation and recommendation by a developmental pediatrician also acceptable)

When submitting the Psychological Testing request to Cenpatico you must include the test type and number of units you’re requesting along with all clinical information on the form. Please refer to [http://www.Cenpatico.com](http://www.Cenpatico.com) for the psychological testing form and the tip sheet if you are unsure or have questions related to submitting a Psychological Testing request.

* Compiled by Cenpatico from multiple sources; citations available upon request. Last Updated 11/03/16.

Have questions? Call us at 1-800-589-3186 www.cenpatico.com