

# Applied Psychology 2020: Cultural Exploration of the National Institutes of Health Neuropsychological Cognition Battery Assessments in India - Saajan H. Bhakta , USA

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## Abstract

Cross-cultural exploration and adaptation of psychological tests and assessments is critical in order to ensure that what is aimed to be measured is accurately being measured by using a reliable and valid method or instrument. This research study conducted a qualitative cultural exploration of the National Institutes of Health's (NIH) Toolbox Cognition Battery assessments for India as an initial step for future adaptation and validation research. The purpose of this study was to explore the NIH's Cognition Toolbox within the culture of India and to explore the experiences of individuals of Indian decent living in India who took the NIH Toolbox cognition battery assessments. The assessments were developed in the United States, so they required cultural exploration in India before they are used across this different culture. Using interpretive phenomenological analysis, the study included a sample of 30 participants across Mumbai, Surat, and Derod in India. Five themes emerged from the data: contentedness, lack of relatability, recommendations for change, the rural Indian lifestyle, and the variable of education. The most common code was "satisfied." While this research does indicate that these assessments are understandable for the sample, many participants made recommendations to change images and storylines to be better fit for the Indian culture. They focused on Indian food, Indian clothing, Indian festivals, family, and religion in India. The findings from this study can be used to inform future adaptation and validation research in India.

## Biography:

Saajan Bhakta completed his PhD in International Psychology at the age of 25 years from The Chicago School of Professional Psychology. Saajan has traveled to, worked in, and studied in over 20 different countries. In 2010, Saajan founded a nonprofit organization, PovSolve. PovSolve is a registered 501c3 nonprofit organization making positive change by raising money and creating awareness for human suffering around the world. Saajan's nonprofit has supported the construction of a school in rural Africa, helped thousands of poor through food services and medical procedures in India, and is currently focused on orphan efforts in South America.

**Bottom Note:** This work is partly presented at 20th International Conference on Applied Psychology and Psychiatry October 12-13, 2020 | Zurich, Switzerland

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