



**“WinPsycho 2000” is intended for use in physical education, music and art classes and enables one to determine the level of cognitive determinants of behaviour (cognitive abilities) from the point of view of decision-making time and accuracy.**

**It will be possible to carry out measurements as well as develop of the ability to discriminate between:**

- **hues of colours**
- **speeds of motion**
- **pitches of tones**
- **concentration**

## Installation

To install the Test, download installation program (TestEng.exe) and run it. It extracts test files to folder Test. Make sure you know where the folder will be extracted. By default it is the folder you downloaded installation file. To start the program, just open that folder and run the file TEST (TEST.EXE).

### 1. Personal Data

If you want to save your results, it is necessary to enter your personal data. So it is recommended to start from the module "Person". All the fields must be filled in.

### 2. Settings.

You can change the settings of every test. For changing shades of colour, pitch of a tone or speed, use the up and down arrow keys. For choosing which component of the palette you want to change R (red), G (green) or B (blue), just press the according key (R, G or B) on the keyboard. In the speed discrimination test, you need at first to push the key S (speed). Use the left and right keys to move on horizontally on the screen. To save, press Esc. Every test has 3 settings.

### 3. Results.

After testing you will see a table of your test results. All results will be saved (if you entered your personal data). You can export results into the text file "EXPORT.TXT" (importing them later to Excel for example). You are able to find any saved data under the module "Person" using the Find function.

### 4. Speed discrimination test.

The ability to discriminate between the speeds will be defined through the time spent on decision-making and the number of errors made during the test. The following should be remembered during the **demonstration** of the test:

1. the difference between the speeds of motion;
2. the keys on the keyboard corresponding to the speeds of motion.

#### **Testing:**

1. the speeds of motion will be presented 12 times. The pause between the stimuli will change.
2. the task of the subject is to press the Shift keys as accurately and quickly as possible according to the sequence memorised during the demo.

**NB!** If the decision about the speed of motion is made before the object stops, you do not need to wait until the motion stops, but have to press the keys immediately.

#### 4.1 Compatibility

Solution in compatibility between speed discrimination module of

- **WinPsycho 2000** and triggered input/output of
- **ME 6000** (biomonitor) for synchronizing visual stimuli with detecting nerve conduction velocities

the application of criteria for assessment of psychomotor preparation it is possible to work out basis on the differences of duration of the time in sensory system, limbic (motivational) and motor system.



#### 5. Pitches of a tone discrimination test

This test will define the discrimination of pitches of the tone of the subject, which is expressed through the time spent on decision-making while discriminating between the pitches of a tone, and the number of errors made during the test.

The following should be remembered during the **demonstration** of the test:

1. the difference between the pitches of a tone;
2. the keys on the keyboard corresponding to the pitches of a tone.

##### **Testing:**

1. the pitches of a tone will be presented 12 times. The pause between the stimuli will change.
  2. the task of the subject is to press the Shift keys as accurately and quickly as possible according to the sequence memorised during the demo.
- At the end of the test the time and accuracy of your decision-making will be displayed.

## **6. The hues of colour discrimination test**

This test will define the ability of colour hues discrimination, which is expressed through the time spent on decision-making while discriminating between the hues of colours, and the number of errors made during the test.

The following should be remembered during the **demonstration** of the test:

1. the difference between the hues of the colours;
2. the keys on the keyboard corresponding to the hues of the colours.

### **Testing:**

1. the hues of the colours will be displayed 12 times;
2. the task of the subject is to press the Shift keys as accurately and quickly as possible according to the sequence memorised during the demo. The pause between the stimuli will change.

At the end of the test the time and accuracy of your decision-making will be displayed.

## **7. Test of concentration and RT on visual stimuli**

This test will define the reaction time of the subject through vision.

When the test is started the colour selected at adjustment will be displayed on the screen 12 times. The pause between the stimuli will change.

The task of the subject is to simultaneously press both Shift keys as quickly as possible after the occurrence on the screen of the colour selected during adjustment.

## **8. Test of concentration and RT on auditory stimuli**

This test will define the reaction time of the subject through hearing. When the test is started the pitch of a tone selected at adjustment will be presented for 12 times. The pause between the stimuli will change. Pauses of varying lengths between the stimuli will prevent the formation of a rhythm, which would serve as a basis for defining concentration.

The task of the subject is to simultaneously press both Shift keys as quickly as possible after the occurrence of the pitch of a tone selected during adjustment.

## **9. Known Bugs**

If you hit Left or Right Shift key 5 times in series you may get StickyKeys error. To turn it off just choose:

Start - Settings - Control Panel - Accessibility Options - StickyKeys - Settings - Keyboard shortcut and uncheck it.

Some video adapters may cause fuzzy and unreadable text.

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## **11. Contact information**

All recommendations about how to improve the software are welcome. Please contact Kaivo Thomson on this matter via e-mail: [kthomson@tlu.ee](mailto:kthomson@tlu.ee)