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ESSAY TOPIC: IF I COULD INVENT SOMETHING NEW

“If I could invent something new” entails building or bringing up a new invention. However, I would love to invent a “**Psychology Timer**” (aka “*Metric Machine*”).

A “Psychology Timer” (Metric Machine) is a device used to measure and analyze the different psychological metrics such like mental abilities or human mental states of a person thereby providing important insights into human behaviour, emotion and their cognition.

Psychometrics being a branch of psychology that is concerned with the design, administration, and interpretation of quantitative tests or use of instruments for the measurement of human’s psychological variables such as intelligence, attitudes, and personality traits. The essence of psychology timer is to objectively determine and analyze the different psychological metrics of a psychiatric patient in the psychiatric hospitals or psychologically depressed person by

specialist. Some of the potential benefits of the psychological metrics machine is its ability to:

- i. Promote mental health diagnosis through accurate measurement of human depression rate as well as the best treatment plans for such mentally depressed patient.
- ii. Reduce the stigma of mental illness through objective measurement that would help to normalize mental health discussions and reduce stigma. Therefore, before any patient can think of visiting a psychiatric hospital for any treatment, this device “psychology timer” if invented, will make it easier for medical doctors to measure the mental abilities of the patient that is psychologically depressed. This equipment is very valuable in psychiatric hospitals to detect causes of brooding or excessive thinking, use of narcotics or stimulants and or excessive smoking of hard drugs that easily affects the mental ability of a person before it eventually degenerates into mental disorder. When a patient is depressed, the psychologist or psychiatrist can measure the mental reasoning ability of such patient. Thereafter, the patient would have to go through some psychoanalysis by querying them about their past events so as to find possible

solutions to their problems. Such mentally depressed patient would be asked to go through psychological counselling. This is technological in nature. I would love to help those with mental illness who does not want to go through the process of restriction by chains, to be subjected to other forms of treatments. Psycho-therapist can later engaged them with some interactions to know what led to their predicament. The psychological timing machine I intend to invent can easily be handled by expert and light to carry. The machine will operates mechanically in conformity with international standards to make early detection to mental difficulties and other related mental disorderliness in humans more accurate and much faster. This invention would reduce the risk of human depression in our society through early detection of the causes of depression in man.

Psychology timer (Metrics machine) is beneficial in the support of human mental health and well-being.

Thank you.