

## HUPOTEST - NEW PROCEDURE IN DEFINING MENTAL PATTERN

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HuPoTest is a mental test and training procedure as well. It was discovered incidentally in 1967 and developed continuously by testing face to face more than 1000 persons under test (PUT). Basically, it is the calibration of the PUT timer by using a standard stopwatch. Timer and mentality are strongly interconnected defining each other. Simply said, a good mentality is based on good timer (stable and well-tuned) and both of them define the vital potential driving a good health. PUT has to count successively  $x_j = 5, 10, 15$  and 20 seconds several times each ( $i = 1$  to 8) and by retrieving the measured values  $y_{ij}$  with standard values  $x_j$  it results a series of parameters directly correlated with PUT mental state. HuPoTest has three major steps: (i) properly preparation of PUT; (ii) using the best standard stopwatch and performing measurements, and (iii) computation of parameters and their interpretation. By continuous research over more than 50 years I was able to establish that there are four main patterns of mental state, namely: dominating, dominated, protected and unable to perform HuPoTest. The first two categories are most prevalent, they need each other, have unstable behavior, sometimes changing the role (flip-flop character), characterized by conflicts, violence up to crime and suicide. In forensic practice this relationship is known as "the victim and criminal are looking for each other". However, as a general rule, same PUT can experience the four above mentioned mental behaviors on short or long term defining mental instability. Dual behavior is a particular case. It is of capital importance for so called mentally healthy PUT to practice in regular manner HuPoTest in view to improve and properly control his mental state and finally general health state. PUT can evaluate himself periodically in view to adjust properly his behavior.

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