The Motor-Proficiency-Test (MOT 4–6) as a Useful Tool for Diagnosing the Psychomotor Development of Polish Four-year-old Children

Abstract

Developmental disharmony is usually defined as adverse deviation from the normal development, regardless of reasons that cause it (Lagae, 2008). According to the APA, the problem concerns about 5–10% of school-age children (APA, 2000).

The symptoms of developmental disharmony are heterogeneous and their manifestation is determined by the age of the child. The sphere of motor development plays a dominant role in the presentation of these disorders in the case of small children. So researchers suggest a psychomotor diagnosis as the most desirable diagnosis in the case of developmental disharmony of a small child. One of the tools allowing for such a diagnosis is German test MOT 4–6.

The purpose of this article was to describe the validation procedure of the Polish version of the psychomotor MOT 4–6 by R. Zimmer and M. Volkammer for four-year-old children. This age group, due to the lack of objective tools, is very rarely included in diagnostic procedures.

Results: The validation of the Polish version of the MOT 4–6 for four-year-old children indicates this tool as accurate and reliable in diagnosing delays in the psychomotor development of small children. The Polish adaptation of the test will help to fill the existing gap in Polish diagnostic tools for four-year-olds.

Keywords: development, disharmony, children