HuPoTest – read this first before use it

HuPoTest is a test of mental efficiency and an efficient training procedure of the human mind. HuPoTest must be practiced several times every day for 1-2 weeks by rigorously keeping the experimental protocol, saving, analyzing the obtained results and adjusting the lifestyle in view to improve the results.

HuPoTest was incidentally discovered in 1967, progressively and continuously developed by testing face-to-face over 1000 Persons Under Test (PUT) up to now by using a digital stopwatch with 0.001 s accuracy. The measured values (y_{ij}) were written in a table by myself and thoroughly retrieved. The data base with the obtained results has allowed to establish parameters and their significance defining mental state (see "HuPoTest – introduction to mental technology", in GDF Databanks Bull. Vol. 11, no. 2, 2007). Unfortunately, most of these parameters are obtained by sophisticated and original math formulas needing professional math programs.

It was of capital importance to establish the correlation between psychic pattern of PUT and calculated parameters by extending the principles of calibration certificate. In fact, HuPoTest represents the calibration of personal timer of PUT in comparison with standard timer. Personal timer and mentality are strongly interconnected defining each other. Simply said, a good mentality is based on good timer and both of them define the vital potential driving a good health. Starting from 2005 I have begun searching for a SELF-evaluation procedure without a helping person with the main purpose to thoroughly test myself according to the parameters already established on many other PUT.

In October 2008 eng. Dan Popovici made me the offer to teach me working in Visual Basic 3.0 on Windows® 32 bit platform in view to create the HuPoTest software according to the exact instructions previously established (the overall flow-chart, simple math formulas and project of each step). We decided in common agreement to post it as free on my website. My initial concern was about the 0.01 s accuracy of standard timer, although the time base of PC microprocessors was at least of 1 GHz (less than 1 µs accuracy). On the other hand, previous researches and my latest results revealed that human mind can discern tiny time fractions even under 1 µs. Ironically, on my knowledge, no one, excepting me, has used this software so far. Despite the mentioned drawbacks, the freeware remains further posted on this website with the purpose to be compared with more accurate timers.

IMPORTANT:

- **HuPoTest free software works on Windows versions on 32 bits only.**
- **HuPoTest free software has the lowest performance relative to other timers thoroughly studied (see the latest report in GDF Databanks Bull., Vol. 22, No. 2, 2018).**
- **Research is continuing in view to find more accurate timers with easy transfer of data in Excel template for further retrieval.**
- **For more reliable results the following timers available on internet are recommended: http://stopwatch.onlineclock.net/ and** https://www.timeanddate.com/stopwatch/

For supplementary details, any other observations and/or support you can contact me without any obligation.

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14 December 2008
updated on 21 June 2015
updated on 3 February 2017
updated on 5 February 2018