

- However over the past few decades, evidence has shown that young children are less egocentric than previously believed
- From a young age children understand that people perform actions for a reason
- False belief test – measures children’s ability to predict actions
- To complete this test successfully, children must understand that people can act on the basis of false information
- Eg: Sally puts the marble in the basket and leaves the room, Ann then comes into the room and puts the marble in the box. The child is then asked to guess where sally will look for the marble when she comes back into the room?
- Most children are able to solve this problem by age four or five as they have sufficient language skills and the ability to coordinate deliberate actions with beliefs
- Children’s success at this test seems to coincide with the maturation of the brain’s frontal lobes
- This finding is culturally universal meaning that it is more influenced by biological maturation rather than cultural practices
- Frontal lobe importance is also supported by research with adults
- When asked to think about others mental states, brain scans show that the frontal lobe activates

Moral Reasoning and Moral Emotions

- Concerns the way people learn to decide between behaviours with competing social outcomes
- Psychologists have theorized that *moral reasoning* depends on cognitive processes and *moral emotions*
- If people lack adequate cognitive abilities, their moral emotions may not translate into moral behaviours
- Lawrence Kohlberg developed a stage theory, he tested morality by asking people to respond to hypothetical situations where the main character was faced with a moral dilemma (eg: having to steal drugs to save his wife)
- Kohlberg also devised three levels of moral reasoning:
- **Preconventional level**
 - Earliest level of moral development
 - Self interest determines what is moral
 - Eg “he should steal the drug if he really likes his wife”
- **Conventional level**
 - Middle stage of moral development
 - Rules and the approval of other determines what is moral
 - Conforms to the rules of law and order

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Page 12 of 92

- Eg “he shouldn’t take the drug because it is wrong to steal and everyone will think he’s a bad person”
- **Post conventional level**
 - Highest stage of moral development
 - Decisions depend on abstract principals
 - Complex reasoning
 - Eg “sometimes people have to break the law if the law is unjust”
- Some criticise the heavy reliance on cognitive processes noting that emotions have a heavy influence too
- Research on moral behaviour’s emotional components have largely focused on *empathy* and *sympathy*
- Empathy arises from understanding another’s emotional state and feeling what the other person is feeling or would be expected to feel
- Sympathy involves feeling for the person
- Pity, sorrow, concern (sympathy)
- Moral emotions form early in life but emerge after primary emotions eg: happiness and anger
- They are therefore known as secondary emotions
- Research has shown that parent’s behaviours can influence children’s level of both moral emotions and prosocial behaviour
- Parents of sympathetic children tend to have certain characteristics such as high in sympathy and they allow their children to express negative emotions in ways that do not harm others
- Promote an understanding and focus on others
- On the other side, parents are more lax in discipline, display more frequent anger
- If parents show inductive reasoning “you made Chris cry, its not nice to hit” it promotes children’s sympathetic attitudes

Psychological Basis of Morality

- People have a visceral response to real or imagined outcomes and that this response aids decision making
- Antonio Damasio found that patients with damage to the prefrontal cortex fail to become emotionally involved in decision making
- He studied to individuals that had had prefrontal damage during infancy
- Both individuals showed deficiencies in moral and social reasoning
- They lacked somatic markers

- **Variability** – how widely dispersed the values are about the mean
- **Standard deviation** – how far each value is, on average from the mean
- If the average mean for an exam is 75% and the SD is 5, then most people scored between 70-80%. If the SD is 15, then most people scored between 60-90%
- **Range** – the distance between the largest value and the smallest one
- Not often used as it is only based on two scores

Correlations Describe the Relationships between Variables

- Descriptive stats above are used to summarize central tendency and variability in a set of numbers
- First step in examining relationship between two variables is to create a graph called a scatterplot
- Scatterplots – Graphs that illustrate the relationship between two variables (dots)
- Analyzing the relationship can allow researchers to compute a *correlation coefficient* a descriptive statistic that provides a numerical values (-1.0 to +1.0) indicating the strength of the relationship between the variables
- Positive Correlations – variables increase and decrease together (value of +1.0)
 - Graph rises to the right
- Negative Correlation – as one variable decreases, the other does too (value of -1.0)
 - Graph slopes down to the right
- If two variables have no correlation, the value is closer to 0
- In a normal distribution, scores of most participants fall in the middle of the distribution and progressively fewer participants have scores at either extreme

Inferential Statistics Permit Generalizations

- Inferential statistics – A set of procedures used to make judgments about whether differences actually exist between sets of numbers
- Researchers use inferential statistics to decide if the difference in the sample can be reflected in differences in the population
- Statistical techniques are used to determine if the differences are chance variations or real differences in the population
- Less than 5 percent
- Statistically significant = $p < 0.05$
- Effect size indicates the magnitude of the experimental effect or the strength of a relationship

TOPIC #4 Personality (chapter 13)

How Have Psychologists Studied Personality?

- “What must we know to know a person well?”
- Some personality psychologists emphasize biological and genetic factors
- Others emphasize culture, patterns of reinforcement, or mental and unconscious processes
- **Personality** – “The dynamic organization within the individual of those psychophysical systems that determine his characteristic behaviour and thought (Gordon Allport)
- **Organization** – indicates that personality is not just a list of traits, but a coherent whole

Psychodynamic Theories Emphasize Unconscious and Dynamic Processes

- Sigmund Freud’s **psychodynamic theory** of personality is that unconscious forces influence behaviour
- He referred to these psychic forces as *instincts*
 - Mental representations arising out of biological or physical need
- He proposed that people satisfy the *life instinct* by following the *pleasure principle*
 - Directs people to seek pleasure and to avoid pain
- Energy that drives the pleasure principle is the *libido*

Topographical Model of Mind

- Freud theorized that mental activity occurred in three zones
 - Unconscious
 - Preconscious
 - Conscious
- A lot of human behaviour is influenced by unconscious processes
- At conscious level, people are aware of their thoughts
- Preconscious level consists of content that is not currently in awareness but that could be brought to awareness (like long term memory)
- Unconscious level contains material that the mind cannot easily retrieve
 - Wishes, desires, motives
 - Sometimes this info leaks into consciousness (*Freudian slip*)
 - Person accidentally reveals a hidden motive

Development of Sexual Instincts

- Early childhood experiences have a major impact on the development of personality

- Ego copes with this through various defense mechanisms which are unconscious mental strategies that the mind uses to protect itself from conflict and distress
- Eg: rationalize, excuses.
- *Reaction formation* occurs when a person wards off an uncomfortable thought about the self by embracing the opposite thought
- Freud's daughter Anna Freud contribute much to the study of defence mechanisms

Psychodynamic Theory Since Freud

- *Neo-Freudians*: Carl Jung, Alfred Adler, Karen Horney
- All modified Freud's ideas in their own psychodynamic theories
- Adler and Horney strongly criticized Freud's view of women, finding his theories misogynist
- Many neo-Freudians reject Freud's emphasis on sexual forces and instead focus on social interactions
- *Objects Relations Theory* – object of attachment is another person such as a parent or spouse
- Psychologists have mainly abandoned psychodynamic theories because Freud's central premises cannot be examined through accepted scientific methods

Humanistic Approaches Emphasize Integrated Personal Experience

- Behaviourists such as B.F Skinner argued that patterns of reinforcement determine response tendencies which are the basis of personality
- **Humanistic approaches** – emphasise personal experience and belief systems; they propose that people seek personal growth to fulfill their human potential
- *Self actualization* – greater self understanding
- Humanism focuses on subjective human experiences (*phenomenology*)
- Views each person as inherently good
- Abraham Maslow believes that the desire to become self actualized is the ultimate and most important human motive
- **Person-centered approach**- developed by Carl Rogers, emphasizes people's personal understandings of phenomenology
- Parental treatment affects personality development
- Rogers encouraged *unconditional positive regard* – children are accepted, loved and prized no matter how they behave
- Thus they will develop a healthy sense of self esteem and will become a fully functioning person
- **Positive psychology movement** launched by clinical psychologist Martin Seligman encourage the scientific study of qualities such as faith, values, creativity, courage and hope

- Although some of their characteristics overlap, they are two fundamentally different disorders

Depressive Disorders

- **Major depression** – a disorder characterized by severe negative moods or a lack of interest in normally pleasurable activities
 - Depressed (often irritable)
 - Loss of interest in pleasurable activities
- Other symptoms: appetite and weight changes
 - Sleep disturbances
 - Loss of energy
 - Difficulty concentrating
 - Feelings of self-reproach or guilt
 - Frequent thoughts of death and suicide
- Major depression affects about 6-7 percent of people in a given 12 month period
- Approximately 16 percent will experience major depression at some point in their lives
- Often persists and lasts many years
- Women are almost twice as likely to be diagnosed
- **Dysthymia** – a form of depression that is not severe enough to be diagnosed as major depression
 - 2-3 percent of the population diagnosed
 - Depressed more most of the day
 - More days than not
 - For at least two years
 - Periods of dysthymia last from 2 – 20 or more years
 - Typically lasts 5 – 10 years
 - Because the moods are so long lasting, sometimes they are classified as personality disorders
 - They may all be points along a continuum
 - Dysthymia often precedes major depression
 - Depression is leading risk factor for suicide with it claiming a million lives annually
 - Top three causes of death for people between 15-35 years of age
 - Highest rates of depression are found in women in developing countries
 - Research suggests that women's multiple roles in most societies as wage earners and family caregivers cause stress
 - Not always just multiple roles, but the overworking aspect of it
 - Low income, lack of education, difficult family relationships
 - Women internalize, depression and anxiety

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Page 52 of 92

Should Childhood Disorders Be Considered a Unique Category?

- Category in Axis I called 'disorders usually first diagnosed in infancy, childhood or adolescence'
- Reading disorders, stuttering, autism, attention-deficit/hyperactivity disorder

Attention-Deficit/Hyperactivity	A pattern of hyperactive, inattentive and impulsive behaviour that causes social or academic impairment
Autism	Characterized by unresponsiveness, impaired language, social and cognitive development and restricted and repetitive behaviour
Elimination disorder	Repeated passing of feces or urination in inappropriate places by children from whom continence should be expected
Learning disorder	Substantially low performance in reading, mathematics or written expression with regard to what is expected for age, amount of education and intelligence
Mental retardation	Characterized by below average intellectual functioning (IQ < 70) and limited adaptive functioning that begins before the age 18
Rumination disorder	Repeated regurgitation and rechewing of partially digested food, not related to nausea or gastrointestinal disorder
Selective mutism	Failure to speak in certain social situations despite the ability to speak in other situations, interferes with social or academic achievement
Tourette's disorder	Recurrent motor and vocal tics that cause marked distress or impairment and are not related to a general medical conditions

Autism Is a Lack of Awareness of Others

- **Autism** – a developmental disorder involving deficits in social interaction, impaired communication and restricted interests
- 3-6 children out of 1,000 show signs of autism and it is more prominent in males than females (3:1)
- Varies in severity, from mild social impairments to severe social and intellectual impairments
- **Asperger's syndrome** is a high functioning autism in which children of normal intelligence have deficits in social interaction
- Temple Grandin, accomplished scientist who although extremely intelligent, has great difficulty understanding the subtle social motives and behaviours of other humans

- Teaches to identify faulty thinking and evaluate it realistically
- Use modeling monitoring or behaviour and thoughts
- Behavioural rehearsal and task assignment
- Set homework assignments to both changing behaviour and test beliefs
- **Exposure** is a behavioural therapy technique that involves repeated exposure to an anxiety producing stimulus or situation

Group Therapy Builds Social Support

- Become more widespread
- Less expensive than individual therapy
- Offers opportunity for practice of social skills and peer learning
- Act as therapists for each other – share ideas & acceptance
- Therapist assists group process – cohesiveness, turn taking etc
- Can be highly structured or loosely organized

Family Therapy focuses on the Family Context

- Reflects an understanding of systems approaches
 - An individual is part of larger groups that can maintain or exacerbate behaviour
- Negative expressed emotion within families for example, has been linked to higher relapse rate among those diagnosed with schizophrenia
- Some therapists insist families be involved in therapy
- Expressed emotion – a pattern of interactions that includes emotional over involvement, critical comments and hostility directed towards a patient by family members

Confession is Good for the Spirit

- Opportunity to talk about one's problems to someone who will listen plays a role in all therapeutic relationships
- When people reveal intimate and highly emotional material they go into an almost trancelike state
- Talking or writing about emotionally charged events reduces blood pressure, muscle tension and skin conduction
- Confessional therapies can lead to better performance in work and school and can improve memory and cognition

Culture Can Affect the Therapeutic Process

- Cultural stigmas about certain disorders can prevent individuals from seeking help

- Work on dopamine system
- Works gradually (days to weeks)
- Side effects: drowsiness, constipation, dry mouth, tremors, muscle rigidity, tardive dyskinesia (involuntary twitching of muscles, irreversible)
- Lithium is the most effective treatment for bipolar
- **Anticonvulsants** prevent seizures

Alternative Biological Treatments Are Used in Extreme Cases

- Not all disorders can be treated with psychotherapy or medication
- Last resorts because of the serious side effects
- *Trepanning* – a procedure involving making holes in the skull to let out evil spirits
- *Psychosurgery* – areas of the frontal cortex were selectively damaged, used to treat severe mental disorders
- Lobotomies are no longer used

Electroconvulsive therapy

- Electric shock used to produce seizure and convulsions
- Patient given general anesthetic and muscle relaxant
- 1 sec current to head – 5-20 second seizure
- Given 6 to 12 treatments (1 every 2 days)
- Widely used in 50's and 70's for depression, schizophrenia and other conditions
- Now used limited to drug resistant depression and psychotic depression
- Mechanism unclear
- Relapse high unless given anti depressants after
- Side effects – headache, memory and learning difficulties
- Can be very effective

Transcranial Magnetic Stimulation

- Powerful electrical current produces a magnetic field that when rapidly switched on and off induces an electrical current in the brain region directly below the coil
- Thereby interrupting neural function in that region
- Dependent on which brain region it is placed above
- Eg: if it is given to the speech region, patient may stop speaking momentarily
- May be particularly useful in depression and possibly OCD

- Goal is to break the conditioned link between a particular stimulus and a compulsive behaviour
- Deep brain stimulation may be an effective treatment for those with OCD who have not found relief from CBT or medications
- Leads to clinically significant reduction of symptoms and increased daily function in about two-thirds of those receiving treatment

Many Effective Treatments are Available for Depression

- Approximately 60 to 70 percent of patients who take antidepressants experience relief from their symptoms

Pharmacological Treatments

- MAO inhibitors lift mood however can be toxic because of their effects on various physiological systems
- These drugs are generally reserved for patients who do not respond to other antidepressants
- Tricyclics are also extremely effective however because of their broad based action, there are a number of side effects
 - Drowsiness, weight gain, sweating, constipation, heart palpitations and dry mouth
- SSRIs on the other hand had none of these side effects however sometimes cause insomnia, headache, weight loss and sexual dysfunction
- 30% respond to placebo
- Research shows that those who continue to take medication for at least a year only have a 20% relapse rate

Cognitive Behavioural Treatment of Depression

- Just as effective as biological therapies in treating depression
- Goal of CBT is to help the client think more adaptively
- Can be effective on its own, but combining it with antidepressant medication is significantly more effective than either one on its own
- According to Beck, depression is a result of negative thoughts about oneself, the situation and the future
- Clients may be asked to recognize and record negative thoughts
- Treatment of depression with psychotherapy leads to changes in brain activations similar to those observed for drug treatment
- However they are also observed in slightly different areas, suggesting that the two treatments operate through different mechanisms

- CBT can help increase compliance with medication regimes

Pharmacological Treatments are Superior for Schizophrenia

- Previously it has been believed that brain surgery benefited patients most

Pharmacological treatments

- Chlorpromazine acts as a major tranquilizer
 - Reduces sadness, sedates without inducing sleep and decreases the severity and frequency of the positive symptoms of schizophrenia
 - Haloperidol, has a less sedating effect
- These drugs created side effects and had no impact on the negative symptoms
- Chlorpromazine – constipation, weight gain and cardiovascular damage
- Haloperidol – motor side effects that resemble Parkinson disease
- Tardive dyskinesia also is an irreversible side effect
- In the 1980's clozapine was introduced
- Acted not only on dopamine receptors but also on those for serotonin, norepinephrine, acetylcholine and histamine
- Also treated the negative symptoms
- No signs of Parkinson's symptoms or tardive dyskinesia
- Although side effects are rare they're serious:
 - Seizures, heart arrhythmias, substantial weight gain, fatal reduction in white blood cells
- Because of this, patients must take regular blood tests, it all adds up and now
- Second generation antipsychotics have been introduced that don't have the side effects and are more economically viable

Psychosocial treatments

- Medication does not substantially affect patients social functioning
- Social skill training is an effective way to address some deficits in schizophrenics
- Initial studies using CBT indicates that it is more effective than other psychological treatments in reducing symptoms
- Self care skills

Prognosis in Schizophrenia

- In some patients, the disorder seems to progress with each episode laying the groundwork for increasingly severe symptoms in the future

- Developed by Ivar Lovaas and his colleagues
- One of the best known and perhaps most effective treatments for autistic children
- Based on the principles of operant conditioning
- Very intensive approach and requires a minimum of 40 hours of treatment per week
- Drawbacks: time commitment, financial and emotional drains on family
- Other children may feel neglected or jealous because of the amount of time and energy expended on the disabled child
- 10 hours showed no difference

Biological treatment

- SSRIs have been tried as a treatment for autism because
- SSRIs reduce compulsions in patients diagnosed with OCD
- Autism involves compulsive and repetitive behaviour
- Some evidence indicates abnormal serotonin metabolism in autistic children
- Recent research has focused on oxytocin
- Important for bonding between mothers and infants
- Not yet as developed as other treatments

Prognosis for Children with Autism

- Despite few reports of remarkable recovery from autism, long term prognosis is poor
- A follow up study of men in their early twenties showed that nearly ¾ had severe social difficulties and were unable to live and work independently
- Early language ability is associated with better outcome
- As is higher IQ
- The earlier the treatment the better

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Page 79 of 92

- Over time, social psychology has confirmed the importance of first impressions on long-term evaluations of people
- How you initially make an impression is determined by nonverbal behaviour
- Facial expressions, gestures, walking style and fidgeting (**nonverbal behaviour**)

Facial Expressions

- When babies are less than an our old they prefer to look at and will track a picture of a human face rather than a blank outline of a head
- Face communicates emotional state, interest and distrust
- People use their eyes to indicate anger
- Eye contact is important
 - In western cultures, people seek eye contact when they speak to someone
 - If people don't look them in the eye it is assumed that they are embarrassed, ashamed or lying
 - However in certain cultures making direct eye contact can be considered disrespectful

Body Language

- *Thin slices of behaviour* – few second observations
- Participants viewed 30 second silent film clips of college teachers lecturing
- Based solely on nonverbal behaviours, participants ratings corresponded with ratings given by the instructor's students
- How we walk *gait*
 - Provides information about affective step

We Make Attributions about Others

- **Attributions** – people's casual explanation for why events or actions occur
- People are motivated to draw inferences in part by a basic need for both order and predictability
- *Just world hypothesis* – victims must have done something to justify what happened to them

Attributional Dimensions

- There are dozens of plausible explanations for specific outcome
- Fritz Heider, originator of attribution theory
- **Personal attributions** – explanations that refer to internal characteristics such as abilities, traits, moods and effort

- Also occurs in other animals such as horses, dogs, rats, birds fish and even cockroaches
- All animals are genetically predisposed to become aroused by the presence of others of their own species
- This leads animals to emit a dominant response (the response most likely to be performed)
- However if the dominant response is incorrect in current situation, then performance is impaired
- Eg: employees performing simple tasks such as database entry might work best in a fairly open environment
- However if they are performing more complicated tasks such as editing manuscripts, they might better work in a private office since concentration is paramount

Social Loafing

- **Social loafing** – the tendency for people to work less hard in a group than when working alone
- People's efforts are pooled so that no one individual feels personally responsible for the group's output
- Six blindfolded people wearing headphones were told to shout as loudly as they could
- Some were told that they were shouting alone
- Others were told they were shouting with other people
- Participants did not shout as loudly when they believed others were shouting as well

Deindividuation

- People sometimes lose their individuality when they become part of a group
- **Deindividuation** occurs when people are not self-aware and therefore are not paying attention to their personal standards
- Deindividuated people often do things that they would not do if they were alone or self aware

Group Decision Making

- Being in a group influences decision making in curious ways
- Psychologist James Stoner found that groups often made riskier decisions than individuals did
- *Risky shift effect* – accounts for why children in a group may try something dangerous that none of them would have tried alone
- *Group polarization* – groups tend to enhance the initial attitudes of members who already agree

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Page 87 of 92

- Those who believe their parents were warm, supportive and responsive report having secure attachments in their relationship
- Those who believe their parents were cold and distant report having avoidant attachments

Making Love Last Is Difficult

- Half of marriages end in divorce or separation (often within the first few years)
- Passion typically fades over time

Jealousy and Possessiveness

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Page 92 of 92